



Broccoli & Carrot Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb broccoli florets fresh
- 1 carrots shredded
- 2 cups mushrooms fresh sliced
- 4 green onions sliced
- 1 cup lite ranch dressing kraft
- 0.3 cup planters sunflower kernels

Equipment

Directions

- Toss vegetables with dressing; cover.
- Refrigerate at least 1 hour.
- Sprinkle with sunflower kernels just before serving.

Nutrition Facts

 **PROTEIN 7.94%**  **FAT 74.62%**  **CARBS 17.44%**

Properties

Glycemic Index:10.86, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:8.7100000524003%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 97.63kcal (4.88%), Fat: 8.44g (12.99%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.14g (1.14%), Sugar: 1.84g (2.05%), Cholesterol: 4.16mg (1.39%), Sodium: 158.3mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin K: 59.45µg (56.61%), Vitamin C: 28.12mg (34.08%), Vitamin A: 906.87IU (18.14%), Vitamin E: 1.42mg (9.48%), Phosphorus: 78.07mg (7.81%), Folate: 29.76µg (7.44%), Vitamin B2: 0.11mg (6.68%), Manganese: 0.13mg (6.54%), Vitamin B6: 0.11mg (5.43%), Vitamin B5: 0.53mg (5.31%), Selenium: 3.71µg (5.3%), Potassium: 182.75mg (5.22%), Fiber: 1.3g (5.21%), Copper: 0.1mg (5.16%), Vitamin B1: 0.07mg (4.78%), Vitamin B3: 0.91mg (4.53%), Magnesium: 16.69mg (4.17%), Iron: 0.51mg (2.83%), Calcium: 24.46mg (2.45%), Zinc: 0.35mg (2.34%)