



Broccoli-Cauliflower Salad

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

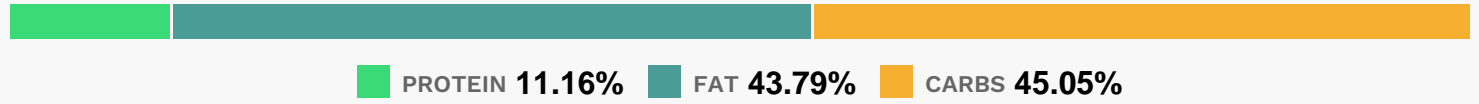
- 6 slices oscar mayer bacon crumbled cooked
- 3 cups broccoli florets
- 3 cups cauliflower florets
- 0.8 cup 3/4 cup prepared good seasons zesty italian dressing mix italian good prepared
- 1 bell pepper red cut into strips

Equipment

Directions

- Toss vegetables with dressing; cover.
- Refrigerate several hours or until chilled.
- Sprinkle with bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:13.444782492907%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 195.25kcal (9.76%), Fat: 9.1g (14%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 18.46g (6.71%), Sugar: 2.56g (2.85%), Cholesterol: 14.52mg (4.84%), Sodium: 3274.57mg (142.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Vitamin C: 90.07mg (109.18%), Vitamin K: 55.13µg (52.51%), Vitamin A: 912.59IU (18.25%), Folate: 66.29µg (16.57%), Vitamin B6: 0.29mg (14.39%), Potassium: 378.69mg (10.82%), Fiber: 2.6g (10.4%), Manganese: 0.2mg (9.88%), Phosphorus: 88.87mg (8.89%), Vitamin B1: 0.13mg (8.58%), Selenium: 5.88µg (8.4%), Vitamin B3: 1.62mg (8.12%), Vitamin B5: 0.78mg (7.79%), Vitamin B2: 0.12mg (6.94%), Magnesium: 22.08mg (5.52%), Vitamin E: 0.8mg (5.35%), Zinc: 0.63mg (4.2%), Iron: 0.72mg (3.99%), Calcium: 34.87mg (3.49%), Copper: 0.05mg (2.72%), Vitamin B12: 0.11µg (1.83%)