



Broccoli-cheese Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch broccoli chopped
- 1 head cauliflower chopped
- 1 cup cheddar cheese shredded
- 1 medium onion chopped
- 0.3 cup bacon bits
- 1 cup golden raisins
- 1 cup walnuts chopped
- 2 cups delicious apples red chopped

- 1 cup mayonnaise
- 0.3 cup sugar
- 0.3 cup apple cider vinegar

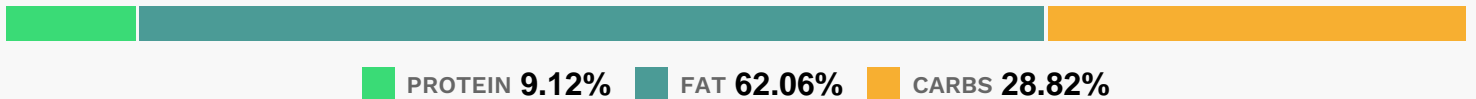
Equipment

- bowl

Directions

- Combine broccoli, cauliflower, cheese, onion, bacon bits, raisins, walnuts and apple in a large salad bowl.
- Combine the mayonnaise and sugar in a small bowl; let sit for 15 minutes for the sugar to dissolve.
- Add in the vinegar; stir well to combine.
- Pour over the salad ingredients and toss to mix well.
- Refrigerate for several hours before serving.

Nutrition Facts



Properties

Glycemic Index:64.46, Glycemic Load:20.82, Inflammation Score:-9, Nutrition Score:28.680434766023%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 9.12mg, Kaempferol: 9.12mg, Kaempferol: 9.12mg, Kaempferol: 9.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 699.73kcal (34.99%), Fat: 50.47g (77.64%), Saturated Fat: 9.88g (61.72%), Carbohydrates: 52.73g (17.58%), Net Carbohydrates: 43.59g (15.85%), Sugar: 32.11g (35.68%), Cholesterol: 34.51mg (11.5%), Sodium: 601.93mg (26.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.69g (33.38%), Vitamin K: 181.88µg (173.22%), Vitamin C: 141.07mg (170.99%), Manganese: 1.17mg (58.47%), Folate: 161.37µg (40.34%), Fiber: 9.14g (36.57%), Phosphorus: 330.49mg (33.05%), Vitamin B6: 0.6mg (29.97%), Copper: 0.57mg (28.55%), Potassium: 988.08mg (28.23%), Calcium: 254.22mg (25.42%), Magnesium: 94.16mg (23.54%), Vitamin B2: 0.37mg (21.52%), Vitamin E: 3.16mg (21.05%), Vitamin B1: 0.27mg (18.14%), Vitamin A: 871.05IU (17.42%), Selenium: 11.3µg (16.15%), Zinc: 2.34mg (15.59%), Vitamin B5: 1.55mg (15.55%), Iron: 2.43mg (13.52%), Vitamin B3: 1.85mg (9.27%), Vitamin B12: 0.36µg (6.05%), Vitamin D: 0.19µg (1.25%)