



Broccoli Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



2

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups broccoli florets fresh
- 2 bacon crumbled cooked
- 1.5 cups chicken breast strips/pre-cooked/chopped cubed cooked
- 2 tablespoons golden raisins
- 0.3 cup mayonnaise
- 0.3 cup onion red chopped
- 1 tablespoon red wine vinegar
- 1 tablespoon sugar

2 tablespoons sunflower seeds salted

Equipment

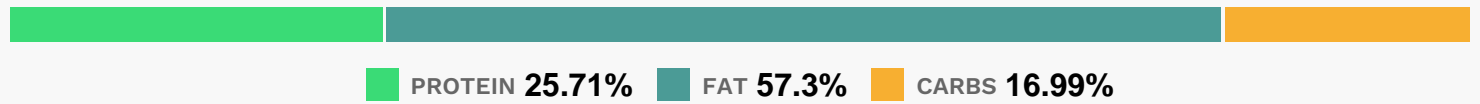
bowl

Directions

In a bowl, combine the first six ingredients.

Combine the mayonnaise, sugar and vinegar; add to chicken mixture and toss to coat. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:127.88, Glycemic Load:12.24, Inflammation Score:-8, Nutrition Score:29.352173851884%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 623.99kcal (31.2%), Fat: 39.99g (61.52%), Saturated Fat: 6.94g (43.39%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 23.1g (8.4%), Sugar: 17.35g (19.28%), Cholesterol: 112.85mg (37.62%), Sodium: 475.85mg (20.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.75%), Vitamin K: 131.39µg (125.13%), Vitamin B3: 16.7mg (83.51%), Vitamin C: 63.02mg (76.38%), Selenium: 41.14µg (58.77%), Vitamin B6: 1mg (50.11%), Phosphorus: 412.98mg (41.3%), Vitamin E: 5.61mg (37.42%), Vitamin B1: 0.33mg (21.93%), Magnesium: 87.69mg (21.92%), Manganese: 0.44mg (21.81%), Potassium: 740.5mg (21.16%), Folate: 76.01µg (19%), Vitamin B2: 0.3mg (17.41%), Copper: 0.34mg (17.19%), Vitamin B5: 1.72mg (17.16%), Zinc: 2.22mg (14.77%), Iron: 2.62mg (14.54%), Fiber: 3.57g (14.3%), Vitamin A: 479.87IU (9.6%), Vitamin B12: 0.49µg (8.15%), Calcium: 72.55mg (7.26%), Vitamin D: 0.21µg (1.41%)