



Broccoli Crunch Salad with Bacon and Currants



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon agave syrup
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 cups broccoli florets
- ☐ 0.3 cup currants
- ☐ 6 tablespoons canola mayonnaise
- ☐ 0.3 cup onion diced red finely

☐ 3 center-cut bacon crumbled cooked

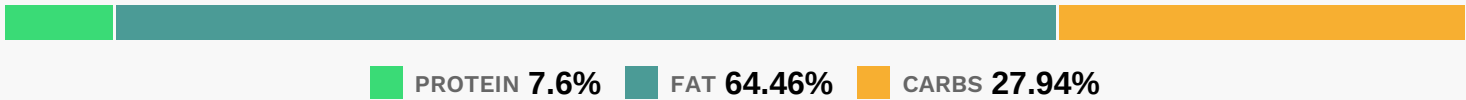
Equipment

☐ bowl

Directions

- ☐ Steam broccoli, covered, 2 minutes. Plunge broccoli into ice water to stop the cooking process; drain and pat dry.
- ☐ Combine mayonnaise and next 3 ingredients (through pepper) in a large bowl.
- ☐ Add broccoli, currants, onion, and bacon; toss well.
- ☐ Tip: To avoid watery eyes while dicing an onion, peel it first, and chill it in the refrigerator before dicing.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:3.03, Inflammation Score:-6, Nutrition Score:13.655217055393%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 204.3kcal (10.22%), Fat: 15.16g (23.32%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 12.32g (4.48%), Sugar: 9.03g (10.03%), Cholesterol: 13.14mg (4.38%), Sodium: 190.73mg (8.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin K: 101.38µg (96.56%), Vitamin C: 69.11mg (83.77%), Folate: 51.61µg (12.9%), Manganese: 0.22mg (11.23%), Vitamin B6: 0.2mg (10.16%), Fiber: 2.47g (9.86%), Vitamin A: 492.04IU (9.84%), Potassium: 339.18mg (9.69%), Phosphorus: 79.05mg (7.9%), Vitamin E: 1.14mg (7.62%), Vitamin B1: 0.11mg (7.06%), Vitamin B2: 0.12mg (7.02%), Selenium: 4.58µg (6.55%), Vitamin B3: 1.09mg (5.45%), Vitamin B5: 0.53mg (5.33%), Magnesium: 21.23mg (5.31%), Calcium: 46.46mg (4.65%), Iron: 0.81mg (4.49%), Copper: 0.07mg (3.63%), Zinc: 0.5mg (3.37%), Vitamin B12: 0.07µg (1.2%)