



Broccoli, Grape, and Pasta Salad

 Dairy Free

READY IN



210 min.

SERVINGS



8

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound broccoli fresh
- ☐ 8 slices bacon crumbled cooked
- ☐ 16 oz farfalle pasta (bow-tie)
- ☐ 1 cup mayonnaise
- ☐ 1 cup pecans chopped
- ☐ 2 cups grapes red seedless halved
- ☐ 0.3 cup onion diced red
- ☐ 0.3 cup red wine vinegar

- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

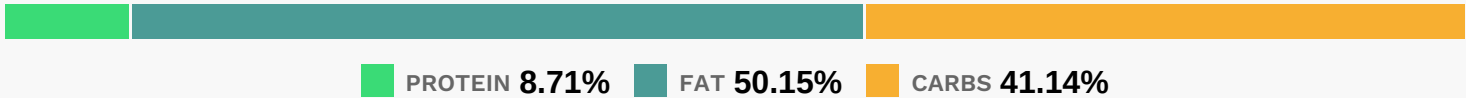
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.
- ☐ Prepare pasta according to package directions.
- ☐ Meanwhile, cut broccoli florets from stems, and separate florets into small pieces using tip of a paring knife. Peel away tough outer layer of stems, and finely chop stems.
- ☐ Whisk together mayonnaise and next 4 ingredients in a large bowl; add broccoli, hot cooked pasta, and grapes, and stir to coat. Cover and chill 3 hours. Stir bacon and pecans into salad just before serving.

Nutrition Facts



Properties

Glycemic Index:34.64, Glycemic Load:26.83, Inflammation Score:-7, Nutrition Score:22.206087011358%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate:

0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg
Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.33mg, Isorhamnetin:
0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 4.49mg, Kaempferol: 4.49mg, Kaempferol:
4.49mg, Kaempferol: 4.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 614.31kcal (30.72%), Fat: 34.72g (53.42%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 64.07g (21.36%),
Net Carbohydrates: 59.02g (21.46%), Sugar: 17.63g (19.59%), Cholesterol: 19.68mg (6.56%), Sodium: 626.9mg
(27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Vitamin K: 109.54µg (104.33%),
Manganese: 1.3mg (64.85%), Vitamin C: 52.48mg (63.61%), Selenium: 42.59µg (60.84%), Phosphorus: 229.52mg
(22.95%), Copper: 0.42mg (21.06%), Fiber: 5.05g (20.2%), Vitamin B1: 0.26mg (17.19%), Magnesium: 64.92mg
(16.23%), Vitamin B6: 0.29mg (14.69%), Potassium: 492.94mg (14.08%), Zinc: 1.98mg (13.19%), Folate: 52.35µg
(13.09%), Vitamin B3: 2.4mg (12.02%), Vitamin E: 1.72mg (11.47%), Iron: 1.83mg (10.18%), Vitamin B2: 0.17mg (10.1%),
Vitamin B5: 0.85mg (8.51%), Vitamin A: 407.07IU (8.14%), Calcium: 57.38mg (5.74%), Vitamin B12: 0.12µg (2.01%)