



HEALTH SCORE

60%

## Broccoli, Pepper and Bacon Toss



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

### Ingredients

- ☐ 14 oz broccoli florets frozen
- ☐ 2 cups bell pepper frozen (from 1-lb bag)
- ☐ 0.5 cup raisins
- ☐ 2 tablespoons coleslaw dressing reduced-fat
- ☐ 2 tablespoons oz. bacon into pieces (from 2.8-oz package)

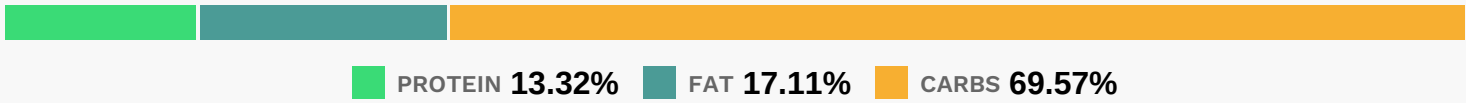
### Equipment

- ☐ bowl
- ☐ microwave

# Directions

- ☐ Cook broccoli and stir-fry bell peppers separately in microwave as directed on packages.
- ☐ Drain well.
- ☐ In large bowl, toss broccoli, bell peppers, raisins and coleslaw dressing.
- ☐ Sprinkle with bacon.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:20.47, Glycemic Load:6.57, Inflammation Score:-9, Nutrition Score:14.88260863527%

## Flavonoids

Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 5.2mg, Kaempferol: 5.2mg, Kaempferol: 5.2mg, Kaempferol: 5.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

## Nutrients (% of daily need)

Calories: 98.14kcal (4.91%), Fat: 2.09g (3.22%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 15.53g (5.65%), Sugar: 5.4g (6%), Cholesterol: 4.75mg (1.58%), Sodium: 187.87mg (8.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin C: 123.23mg (149.37%), Vitamin K: 72.14µg (68.71%), Vitamin A: 1967.23IU (39.34%), Folate: 64.88µg (16.22%), Fiber: 3.61g (14.43%), Vitamin B6: 0.28mg (14.21%), Potassium: 416.35mg (11.9%), Manganese: 0.23mg (11.35%), Vitamin E: 1.4mg (9.37%), Vitamin B2: 0.14mg (8.36%), Phosphorus: 67.33mg (6.73%), Magnesium: 23.76mg (5.94%), Vitamin B1: 0.09mg (5.86%), Iron: 1.02mg (5.69%), Vitamin B5: 0.54mg (5.42%), Vitamin B3: 1.06mg (5.29%), Calcium: 39.99mg (4%), Copper: 0.08mg (3.87%), Zinc: 0.43mg (2.85%), Selenium: 1.87µg (2.67%)