



Broccoli Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



418 kcal

SIDE DISH

Ingredients

- 1 head broccoli
- 0.5 cup cherry tomatoes halved
- 6 slices bacon crumbled cooked
- 1 cup mayonnaise
- 0.5 cup raisins
- 0.5 cup onion red chopped
- 8 servings salt and pepper black freshly ground
- 8 ounces sharp cheddar cut into very small chunks

- 0.3 cup sugar
- 2 tablespoons vinegar white

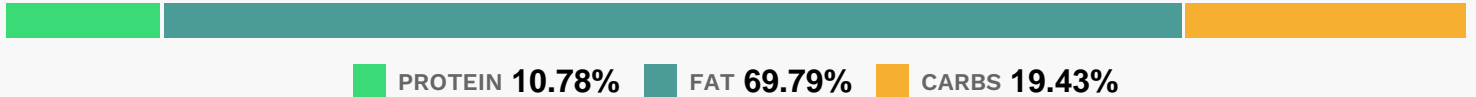
Equipment

- bowl

Directions

- Trim off the large leaves from the broccoli stem.
- Remove the tough stalk at the end and wash broccoli head thoroughly.
- Cut the head into flowerets and the stem into bite-size pieces.
- Place in a large bowl.
- Add the crumbled bacon, onion, raisins if using, and cheese. In a small bowl, combine the remaining ingredients, stirring well.
- Add to broccoli mixture and toss gently.

Nutrition Facts



Properties

Glycemic Index:43.36, Glycemic Load:9.65, Inflammation Score:-7, Nutrition Score:18.061304253081%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 417.52kcal (20.88%), Fat: 33.06g (50.87%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 17.86g (6.49%), Sugar: 8.44g (9.38%), Cholesterol: 46.05mg (15.35%), Sodium: 493.21mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.98%), Vitamin K: 124.3µg (118.39%), Vitamin C: 71.14mg (86.24%), Calcium: 245.66mg (24.57%), Phosphorus: 221.78mg (22.18%), Selenium: 13.82µg (19.75%), Vitamin A: 824.25IU (16.48%), Vitamin B2: 0.26mg (15.05%), Folate: 58.63µg (14.66%), Vitamin E: 1.8mg (12.03%), Potassium: 408.73mg (11.68%), Fiber: 2.85g (11.41%), Manganese: 0.23mg (11.39%), Vitamin B6: 0.22mg (11.18%), Zinc:

1.63mg (10.84%), Vitamin B1: 0.12mg (7.79%), Magnesium: 30.52mg (7.63%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.4µg (6.66%), Vitamin B3: 1.29mg (6.47%), Iron: 1.05mg (5.83%), Copper: 0.1mg (4.92%), Vitamin D: 0.25µg (1.67%)