



Broccoli Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



39 kcal

SIDE DISH

Ingredients

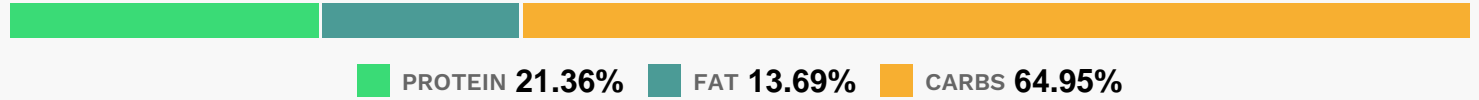
- 4 cups broccoli fresh chopped
- 2 tablespoons capers drained
- 0.3 cup optional: dill fresh chopped
- 1 medium size purple onion chopped
- 5 servings dressing

Equipment

Directions

- Toss together first 5 ingredients. Cover and chill 30 minutes.
- Sprinkle with pecans before serving, if desired.
- * 2 tablespoons chopped green olives may be substituted for capers. 1/4 cup pine nuts, toasted, may be substituted for pecans.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:11.311304403793%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg Kaempferol: 10.18mg, Kaempferol: 10.18mg, Kaempferol: 10.18mg, Kaempferol: 10.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.58mg, Quercetin: 13.58mg, Quercetin: 13.58mg, Quercetin: 13.58mg

Nutrients (% of daily need)

Calories: 38.52kcal (1.93%), Fat: 0.68g (1.05%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 4.92g (1.79%), Sugar: 2.35g (2.62%), Cholesterol: 0.41mg (0.14%), Sodium: 122.65mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Vitamin C: 66.57mg (80.69%), Vitamin K: 73.34µg (69.85%), Folate: 52.83µg (13.21%), Vitamin A: 625.45IU (12.51%), Manganese: 0.21mg (10.48%), Fiber: 2.36g (9.42%), Potassium: 273.56mg (7.82%), Vitamin B6: 0.15mg (7.74%), Vitamin B2: 0.1mg (5.9%), Phosphorus: 55.13mg (5.51%), Magnesium: 19.36mg (4.84%), Calcium: 44.41mg (4.44%), Vitamin B5: 0.44mg (4.42%), Iron: 0.77mg (4.29%), Vitamin B1: 0.06mg (4.16%), Vitamin E: 0.61mg (4.08%), Copper: 0.06mg (2.93%), Selenium: 1.96µg (2.79%), Vitamin B3: 0.53mg (2.67%), Zinc: 0.36mg (2.4%)