

Broccoli Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 2 broccoli heads
- ☐ 0.3 teaspoon celery seed
- ☐ 6 slices bacon crumbled cooked
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 onion red very thin sliced
- ☐ 8 servings salt and pepper freshly ground
- ☐ 0.7 cup sharp cheddar cheese grated
- ☐ 0.3 cup cup heavy whipping cream sour

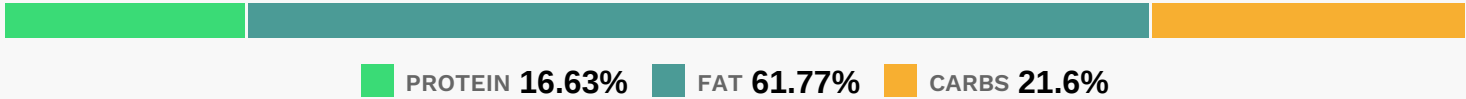
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Cut the broccoli into florets. Blanch in boiling salted water until barely tender, about 20 seconds. Shock them in a bowl of ice.
- ☐ Drain and reserve.
- ☐ Combine all other ingredients, mixing well. Fold in the broccoli. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:2.2, Inflammation Score:-8, Nutrition Score:19.417826131634%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 11.96mg, Kaempferol: 11.96mg, Kaempferol: 11.96mg, Kaempferol: 11.96mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 203.62kcal (10.18%), Fat: 14.73g (22.67%), Saturated Fat: 4.77g (29.78%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 7.51g (2.73%), Sugar: 3.29g (3.65%), Cholesterol: 24.93mg (8.31%), Sodium: 468.95mg (20.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.85%), Vitamin C: 136.19mg (165.08%), Vitamin K: 170.65µg (162.52%), Folate: 100.09µg (25.02%), Vitamin A: 1109.48IU (22.19%), Phosphorus: 178.31mg (17.83%), Manganese: 0.34mg (16.86%), Fiber: 4.08g (16.31%), Vitamin B6: 0.32mg (15.9%), Potassium: 542.31mg (15.49%), Calcium: 151.91mg (15.19%), Vitamin B2: 0.25mg (14.89%), Selenium: 10.12µg (14.46%), Vitamin E: 1.63mg (10.84%), Vitamin B5: 1.03mg (10.34%), Vitamin B1: 0.15mg (10.03%), Magnesium: 38.34mg (9.59%), Vitamin B3: 1.63mg (8.12%), Zinc: 1.21mg (8.1%), Iron: 1.25mg (6.96%), Copper: 0.09mg (4.55%), Vitamin B12: 0.2µg (3.28%)