



Broccoli Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- 4 cups broccoli florets fresh
- 2 tablespoons roasted sunflower seeds dry
- 1 tablespoon mayonnaise fat-free
- 2 tablespoons orange juice
- 0.3 cup yogurt plain
- 3 tablespoons raisins
- 0.3 cup onion diced red finely

Equipment

bowl

whisk

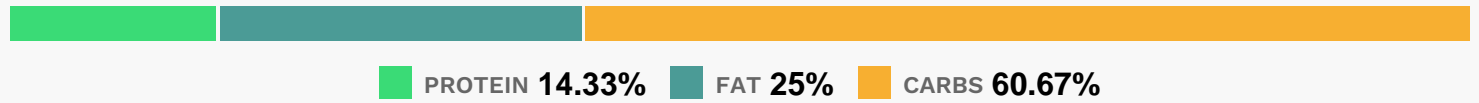
Directions

Combine the broccoli, onions, raisins, and sunflower seeds.

In a small bowl, whisk the yogurt, orange juice, and mayonnaise until blended.

Pour over the broccoli mixture and toss to coat.

Nutrition Facts



Properties

Glycemic Index:23.6, Glycemic Load:3.36, Inflammation Score:-5, Nutrition Score:8.4830434537776%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 56.72kcal (2.84%), Fat: 1.75g (2.7%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 7.66g (2.78%), Sugar: 1.95g (2.16%), Cholesterol: 1.15mg (0.38%), Sodium: 43.34mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 43.46mg (52.68%), Vitamin K: 46.95µg (44.71%), Folate: 37.52µg (9.38%), Manganese: 0.17mg (8.55%), Fiber: 1.92g (7.67%), Phosphorus: 72.66mg (7.27%), Potassium: 239.96mg (6.86%), Vitamin E: 1.02mg (6.77%), Vitamin B6: 0.12mg (6.02%), Vitamin A: 299.87IU (6%), Vitamin B2: 0.08mg (4.9%), Vitamin B5: 0.48mg (4.83%), Selenium: 3.36µg (4.8%), Copper: 0.09mg (4.49%), Magnesium: 16.39mg (4.1%), Calcium: 35.7mg (3.57%), Iron: 0.6mg (3.32%), Vitamin B1: 0.05mg (3.31%), Vitamin B3: 0.56mg (2.79%), Zinc: 0.39mg (2.57%)