

Broccoli Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds broccoli florets
- ☐ 1 cup celery chopped
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1.5 cups grapes green seedless halved
- ☐ 0.3 cup mayonnaise light
- ☐ 1 cup raisins
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup sunflower seed kernels salted

☐ 1 tablespoon vinegar white

Equipment

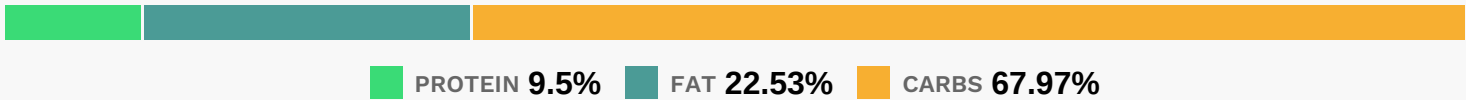
☐ bowl

☐ whisk

Directions

- ☐ Combine the first 5 ingredients in a large bowl.
- ☐ Combine mayonnaise and remaining ingredients, stirring with a whisk.
- ☐ Pour dressing over broccoli mixture, and toss well. Chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:38.61, Glycemic Load:14.27, Inflammation Score:-7, Nutrition Score:17.220000235931%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 172.51kcal (8.63%), Fat: 4.73g (7.28%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 27.88g (10.14%), Sugar: 11.53g (12.81%), Cholesterol: 1.65mg (0.55%), Sodium: 127.35mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin K: 99.61µg (94.87%), Vitamin C: 78.27mg (94.87%), Folate: 70.03µg (17.51%), Manganese: 0.34mg (17.2%), Fiber: 4.26g (17.04%), Vitamin E: 2.43mg (16.19%), Potassium: 554.74mg (15.85%), Vitamin B6: 0.28mg (13.86%), Vitamin A: 614.39IU (12.29%), Phosphorus: 119.56mg (11.96%), Vitamin B2: 0.19mg (11.36%), Vitamin B1: 0.17mg (11.28%), Copper: 0.22mg (10.78%), Magnesium: 41.94mg (10.48%), Iron: 1.46mg (8.11%), Selenium: 5.09µg (7.27%), Calcium: 72.16mg (7.22%), Vitamin B5: 0.64mg (6.43%), Vitamin B3: 1.2mg (5.99%), Zinc: 0.71mg (4.72%)