



Broccoli Salad



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



647 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon salt
- ☐ 5 cups broccoli florets fresh (1 pound of florets)
- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.5 cup bacon crumbled cooked
- ☐ 0.3 cup onion red chopped
- ☐ 1 cup peas fresh frozen thawed canned (or peas if you can get them)
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons apple cider vinegar

☐ 0.3 cup honey

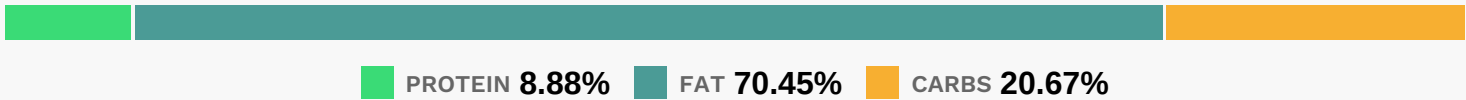
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ kitchen towels
- ☐ kitchen timer
- ☐ salad spinner

Directions

- ☐ Blanch the broccoli: Bring a large pot of water, salted with a teaspoon of salt, to a boil.
- ☐ Add the broccoli florets. Cook 1–2 minutes, depending on how crunchy you want the broccoli.
- ☐ One minute will turn the broccoli bright green and leave it still pretty crunchy. Two minutes will cook the broccoli through, but it will still be firm. Set your timer and do not cook for more than 2 minutes, or the broccoli will get mushy.
- ☐ Drain the broccoli and immediately put into a bowl of ice water to stop the cooking. After the broccoli cools, drain it well (pat dry on a clean tea towel or put in a salad spinner to remove excess moisture).
- ☐ Whisk together mayonnaise, cider vinegar and honey.
- ☐ Combine broccoli florets, almonds, crumbled bacon, chopped onion, and peas in a large serving bowl.
- ☐ Add dressing to the salad and toss to mix well. (Note you may not need all of the dressing.)
- ☐ Chill thoroughly before serving.

Nutrition Facts



Properties

Glycemic Index:63.9, Glycemic Load:12.49, Inflammation Score:-9, Nutrition Score:23.228260957676%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg, Kaempferol: 9.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 647.41kcal (32.37%), Fat: 52.22g (80.34%), Saturated Fat: 9.24g (57.78%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 27.55g (10.02%), Sugar: 22.74g (25.27%), Cholesterol: 43.7mg (14.57%), Sodium: 1401.83mg (60.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.61%), Vitamin K: 216.34µg (206.03%), Vitamin C: 116.81mg (141.59%), Vitamin E: 6.23mg (41.53%), Manganese: 0.75mg (37.5%), Fiber: 6.92g (27.69%), Folate: 106.29µg (26.57%), Vitamin B2: 0.36mg (20.95%), Vitamin A: 1022.71IU (20.45%), Phosphorus: 195.27mg (19.53%), Magnesium: 74.67mg (18.67%), Potassium: 589.27mg (16.84%), Vitamin B6: 0.3mg (15.02%), Vitamin B1: 0.22mg (14.34%), Copper: 0.28mg (14.09%), Iron: 2.11mg (11.73%), Calcium: 107.78mg (10.78%), Vitamin B3: 2.01mg (10.05%), Zinc: 1.49mg (9.93%), Vitamin B5: 0.88mg (8.76%), Selenium: 5.57µg (7.95%), Vitamin B12: 0.07µg (1.12%)