



Broccoli Salad Dip

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 pound broccoli fresh
- ☐ 0.5 cup cashew pieces coarsely chopped
- ☐ 4 bacon thick cooked chopped
- ☐ 6 ounces cream cheese softened
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.7 cup greek yogurt low-fat
- ☐ 0.3 cup onion red minced

- ☐ 2 oz sharp cheddar cheese shredded
- ☐ 2 teaspoons sugar

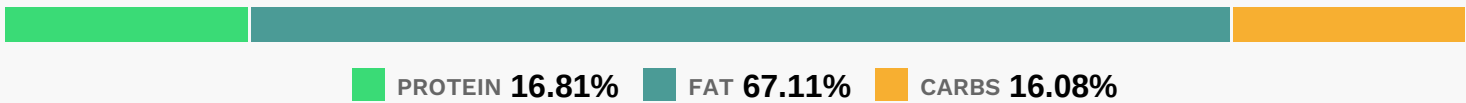
Equipment

- ☐ food processor

Directions

- ☐ Remove and discard large leaves and tough ends of stalks from broccoli. Peel and coarsely chop stems; coarsely chop florets.
- ☐ Process cream cheese and next 4 ingredients in a food processor until smooth.
- ☐ Add broccoli; pulse 12 to 15 times or until finely chopped. Fold bacon and remaining ingredients into cream cheese mixture.
- ☐ Serve immediately, or chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:12.41, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:3.5386956735798%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 79.47kcal (3.97%), Fat: 6.06g (9.33%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.54g (1.71%), Cholesterol: 13.45mg (4.48%), Sodium: 108.67mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Vitamin C: 10.33mg (12.52%), Vitamin K: 12.92µg (12.31%), Phosphorus: 55.91mg (5.59%), Selenium: 3.29µg (4.7%), Manganese: 0.09mg (4.49%), Calcium: 44.65mg (4.47%), Vitamin A: 218.29IU (4.37%), Copper: 0.08mg (4.09%), Magnesium: 14.24mg (3.56%), Vitamin B2: 0.05mg (3.04%), Zinc: 0.43mg (2.9%), Vitamin B6: 0.05mg (2.59%), Folate: 9.82µg (2.45%), Potassium: 84.6mg (2.42%), Vitamin B1: 0.03mg (2.31%), Iron: 0.34mg (1.89%), Fiber: 0.45g (1.79%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.22mg (1.46%), Vitamin B3: 0.29mg (1.44%), Vitamin B12: 0.07µg (1.1%)