



 **12%**  
HEALTH SCORE

## Broccoli Salad II

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**12**

CALORIES



**245 kcal**

SIDE DISH

### Ingredients

- 0.5 pound bacon
- 2 heads broccoli fresh chopped
- 0.5 cup carrots shredded
- 1 bunch spring onion chopped
- 1 cup mayonnaise
- 12 servings salt and pepper to taste
- 0.5 cup vinegar white

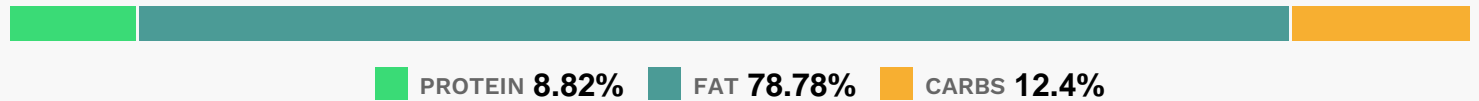
### Equipment

- bowl
- frying pan
- whisk

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- In a large bowl, combine the bacon, broccoli, green onions, carrots and salt and pepper.
- In a small bowl whisk together the mayonnaise and vinegar.
- Pour dressing over vegetables and toss to coat evenly. Chill for 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.57, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:16.649565219879%

## Flavonoids

Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 7.98mg, Kaempferol: 7.98mg, Kaempferol: 7.98mg, Kaempferol: 7.98mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

## Nutrients (% of daily need)

Calories: 244.94kcal (12.25%), Fat: 21.86g (33.62%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 4.9g (1.78%), Sugar: 2.13g (2.37%), Cholesterol: 20.31mg (6.77%), Sodium: 475.09mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin K: 138.63µg (132.03%), Vitamin C: 91.08mg (110.4%), Vitamin A: 1561.36IU (31.23%), Folate: 67.07µg (16.77%), Vitamin B6: 0.24mg (11.88%), Manganese: 0.23mg (11.67%), Fiber: 2.84g (11.34%), Potassium: 384.21mg (10.98%), Vitamin E: 1.53mg (10.2%), Phosphorus: 101.05mg (10.1%), Selenium: 6.83µg (9.76%), Vitamin B1: 0.13mg (8.71%), Vitamin B2: 0.14mg (8.36%), Vitamin B3: 1.47mg (7.35%), Vitamin B5: 0.73mg (7.34%), Magnesium: 24.89mg (6.22%), Calcium: 54.02mg (5.4%), Iron: 0.91mg (5.04%), Zinc: 0.69mg (4.59%), Copper: 0.07mg (3.3%), Vitamin B12: 0.12µg (1.95%)