



Broccoli Salad With Lemon Pepper-Blue Cheese Dressing



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 4 oz cheese blue crumbled
- ☐ 1.5 lb broccoli fresh chopped
- ☐ 0.8 cup cherries dried
- ☐ 1.5 cups gala apple chopped 1 large apple
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest

- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 2 teaspoons pepper freshly ground
- ☐ 0.5 cup pinenuts
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

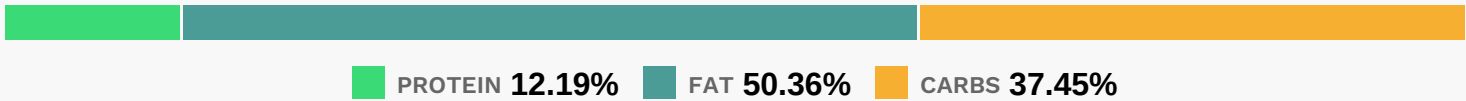
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat pine nuts in a small nonstick skillet over medium-low heat, stirring often, 4 to 5 minutes or until toasted and fragrant.
- ☐ Whisk together blue cheese crumbles and next 8 ingredients in a large bowl; add broccoli, apple, and cherries, gently tossing to coat. Cover and chill 2 to 8 hours; stir in toasted pine nuts just before serving.

Nutrition Facts



Properties

Glycemic Index:28.14, Glycemic Load:4.2, Inflammation Score:-8, Nutrition Score:19.597826188025%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg

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: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 251.87kcal (12.59%), Fat: 14.88g (22.89%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 20.5g (7.45%), Sugar: 13.89g (15.44%), Cholesterol: 17.9mg (5.97%), Sodium: 393.94mg (17.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Vitamin C: 81.08mg (98.28%), Vitamin K: 100.59µg (95.8%), Manganese: 1mg (49.87%), Vitamin A: 1130.04IU (22.6%), Phosphorus: 175.97mg (17.6%), Fiber: 4.39g (17.57%), Folate: 66.14µg (16.53%), Calcium: 152.71mg (15.27%), Vitamin E: 1.91mg (12.71%), Potassium: 431.71mg (12.33%), Vitamin B2: 0.2mg (11.74%), Magnesium: 46.66mg (11.67%), Vitamin B6: 0.2mg (10%), Zinc: 1.37mg (9.16%), Copper: 0.18mg (8.95%), Vitamin B5: 0.8mg (8.01%), Iron: 1.44mg (7.99%), Selenium: 5.11µg (7.3%), Vitamin B1: 0.11mg (7.27%), Vitamin B3: 1.11mg (5.55%), Vitamin B12: 0.23µg (3.89%)