



Broccoli Salad with Red Grapes, Bacon, and Sunflower Seeds



Gluten Free



Dairy Free



Popular

READY IN



150 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 8 slices bacon
- ☐ 1 large head broccoli cut into bite-size pieces
- ☐ 8 servings ground pepper black to taste
- ☐ 1 cup mayonnaise
- ☐ 1 cup grapes red seedless halved
- ☐ 0.3 cup onion diced red

- ☐ 0.3 cup sunflower seed kernels
- ☐ 2 tablespoons sugar white

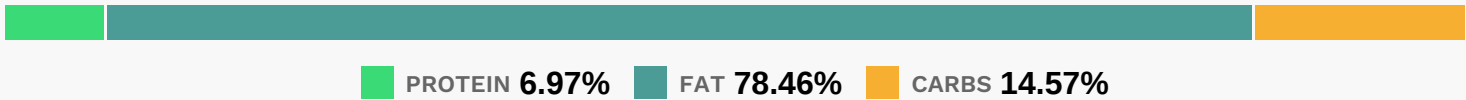
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon slices on paper towels. Crumble 7 slices of bacon; mix with sunflower seeds in a resealable bag.
- ☐ Combine broccoli, onion, and grapes in a bowl.
- ☐ Crumble the remaining bacon slice.
- ☐ Whisk mayonnaise, vinegar, sugar, and black pepper together in a bowl; fold in the 1 slice crumbled bacon.
- ☐ Pour dressing over broccoli mixture; toss to coat evenly. Cover bowl with plastic wrap and refrigerate for flavors to blend, about 2 hours.
- ☐ Sprinkle bacon-sunflower seed mixture over salad before serving; mix well.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:4.95, Inflammation Score:-7, Nutrition Score:17.064782544323%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 369.26kcal (18.46%), Fat: 32.88g (50.58%), Saturated Fat: 6.55g (40.94%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 10.98g (3.99%), Sugar: 7.82g (8.69%), Cholesterol: 26.28mg (8.76%), Sodium: 350mg (15.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Vitamin K: 126.11µg (120.1%), Vitamin C: 68.97mg (83.6%), Vitamin E: 3.61mg (24.05%), Manganese: 0.32mg (16.09%), Folate: 63.62µg (15.9%), Vitamin B6: 0.29mg (14.67%), Vitamin B1: 0.22mg (14.42%), Selenium: 10.01µg (14.29%), Phosphorus: 130.89mg (13.09%), Fiber: 2.76g (11.06%), Potassium: 376.61mg (10.76%), Vitamin A: 515.75IU (10.31%), Magnesium: 39.47mg (9.87%), Vitamin B3: 1.88mg (9.4%), Copper: 0.18mg (9.04%), Vitamin B2: 0.15mg (8.68%), Vitamin B5: 0.69mg (6.88%), Zinc: 0.92mg (6.14%), Iron: 1.1mg (6.12%), Calcium: 47.7mg (4.77%), Vitamin B12: 0.14µg (2.39%)