

Broccoli Slaw Salad

 Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 12 ounce broccoli slaw
- 2 teaspoons apple cider vinegar
- 2 tablespoons yogurt plain fat-free
- 2 tablespoons yogurt plain fat-free
- 0.3 cup mayonnaise light
- 2 tablespoons pecans toasted chopped
- 0.5 cup raisins

- 0.5 cup onion red finely chopped
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 4 slices bacon

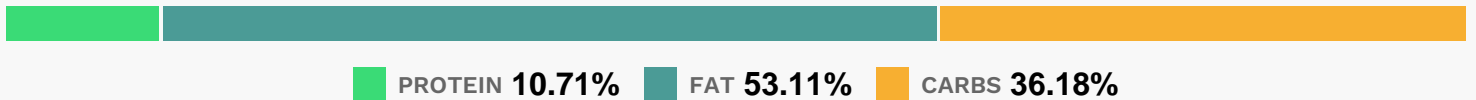
Equipment

- bowl
- frying pan

Directions

- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan; crumble and set aside.
- Combine mayonnaise and next 5 ingredients in a bowl.
- Add broccoli slaw, onion, and raisins; toss to coat. Cover and chill until ready to serve.
- Sprinkle with bacon and pecans before serving.

Nutrition Facts



Properties

Glycemic Index:39.65, Glycemic Load:5.87, Inflammation Score:-5, Nutrition Score:9.3621740185696%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 181.59kcal (9.08%), Fat: 11.29g (17.37%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.9g (5.78%), Sugar: 2.84g (3.15%), Cholesterol: 11.94mg (3.98%), Sodium: 326.52mg (14.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Vitamin C: 54.64mg (66.23%), Manganese: 0.36mg (17.91%), Folate: 46.01µg (11.5%), Potassium: 387.46mg (11.07%), Phosphorus: 103.9mg (10.39%), Vitamin B6: 0.18mg (9.13%), Vitamin B1: 0.13mg (8.44%), Vitamin B2: 0.14mg (8.29%), Selenium: 5.73µg (8.19%), Magnesium: 28.08mg (7.02%), Vitamin K: 7.15µg (6.81%), Calcium: 64.93mg (6.49%), Copper: 0.12mg (6.01%), Vitamin B3: 1.16mg (5.8%), Iron: 1.03mg (5.75%), Fiber: 1.41g (5.64%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.74mg (4.91%), Vitamin A: 244.91IU (4.9%), Vitamin E: 0.39mg (2.58%), Vitamin B12: 0.15µg (2.58%)