



## Broccoli Slaw Salad

 Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



178 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
- ☐ 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

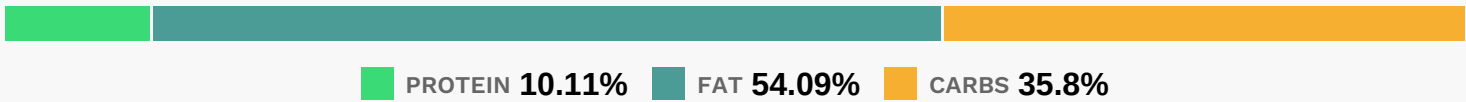
## Equipment

- ☐ 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:9.0669566444729%

## 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, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 177.86kcal (8.89%), Fat: 11.28g (17.35%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 15.39g (5.59%), Sugar: 2.33g (2.58%), Cholesterol: 11.8mg (3.93%), Sodium: 321.39mg (13.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Vitamin C: 54.58mg (66.16%), Manganese: 0.36mg (17.89%), Folate: 45.21µg (11.3%), Potassium: 370.46mg (10.58%), Phosphorus: 93.43mg (9.34%), Vitamin B6: 0.18mg (8.96%), Vitamin B1: 0.12mg (8.23%), Selenium: 5.49µg (7.85%), Vitamin B2: 0.13mg (7.37%), Vitamin K: 7.14µg (6.8%), Magnesium: 26.81mg (6.7%), Copper: 0.12mg (5.96%), Vitamin B3: 1.15mg (5.76%), Iron: 1.03mg (5.71%), Fiber: 1.41g (5.64%), Calcium: 51.67mg (5.17%), Vitamin A: 244.45IU (4.89%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.67mg (4.48%), Vitamin E: 0.39mg (2.58%), Vitamin B12: 0.11µg (1.9%)