



## Broccoli Sunshine Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 lb broccoli
- 2 tablespoons apple cider vinegar
- 0.3 cup bacon crumbled cooked
- 0.3 cup raisins
- 2 tablespoons onion red chopped
- 0.5 cup salad dressing
- 1 oz cheddar cheese shredded
- 1 tablespoon sugar

# Equipment

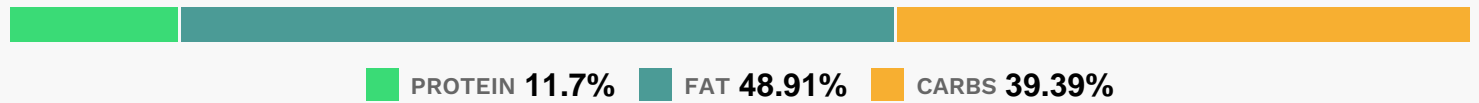
bowl

# Directions

In large glass or plastic bowl, mix mayonnaise, sugar and vinegar.

Add remaining ingredients; toss until evenly coated. Store covered in refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:42.48, Glycemic Load:5.4, Inflammation Score:-4, Nutrition Score:8.0565217292827%

# Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

# Nutrients (% of daily need)

Calories: 135.09kcal (6.75%), Fat: 7.58g (11.67%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 12.16g (4.42%), Sugar: 4.93g (5.48%), Cholesterol: 9.39mg (3.13%), Sodium: 319.6mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin K: 49.65µg (47.28%), Vitamin C: 34.48mg (41.79%), Phosphorus: 75.2mg (7.52%), Selenium: 5.14µg (7.35%), Potassium: 238.04mg (6.8%), Folate: 25.68µg (6.42%), Fiber: 1.59g (6.35%), Vitamin B6: 0.13mg (6.31%), Manganese: 0.13mg (6.26%), Vitamin A: 291.69IU (5.83%), Calcium: 57.63mg (5.76%), Vitamin B2: 0.09mg (5.41%), Vitamin E: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.6%), Vitamin B3: 0.86mg (4.29%), Magnesium: 14.65mg (3.66%), Zinc: 0.51mg (3.39%), Iron: 0.61mg (3.37%), Vitamin B5: 0.3mg (2.96%), Copper: 0.05mg (2.75%), Vitamin B12: 0.1µg (1.69%)