



Broccoli with Hot Bacon Dressing



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 0.3 lb bacon sliced (4 slices)
- ☐ 0.3 teaspoon pepper black
- ☐ 2 lb broccoli trimmed cut into 1-inch florets (reserving stems)
- ☐ 1 garlic clove finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup distilled vinegar white

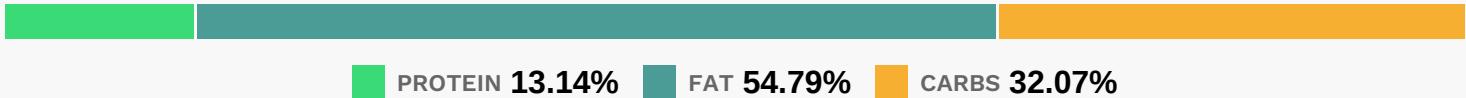
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ Peel broccoli stems with a vegetable peeler, then cut crosswise into 1/4-inch slices.
- ☐ Cook bacon in a 12-inch heavy skillet over moderate heat, stirring occasionally, until browned and crisp, 4 to 5 minutes.
- ☐ Transfer bacon with a slotted spoon to several layers of paper towels to drain, leaving fat in skillet.
- ☐ Add garlic and raisins to skillet and cook over moderate heat, stirring, until garlic is pale golden, about 1 minute. Stir in vinegar, oil, salt, and pepper, then remove from heat.
- ☐ Meanwhile, cook broccoli florets and stems in a large pot of boiling salted water until just tender, 4 to 5 minutes.
- ☐ Drain broccoli well and transfer to a bowl.
- ☐ Bring dressing to a simmer, then cook, stirring, 1 minute.
- ☐ Pour hot dressing over broccoli and sprinkle with bacon, tossing to combine.

Nutrition Facts



Properties

Glycemic Index:50.7, Glycemic Load:8.11, Inflammation Score:-9, Nutrition Score:23.744782406351%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg Kaempferol: 17.78mg, Kaempferol: 17.78mg, Kaempferol: 17.78mg, Kaempferol: 17.78mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 297.27kcal (14.86%), Fat: 19.16g (29.48%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 18.47g (6.72%), Sugar: 3.87g (4.3%), Cholesterol: 18.71mg (6.24%), Sodium: 557.2mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.68%), Vitamin C: 203.19mg (246.29%), Vitamin K: 235.76µg (224.54%), Folate: 143.29µg (35.82%), Vitamin A: 1424.18IU (28.48%), Manganese: 0.55mg (27.48%), Fiber: 6.77g (27.06%), Vitamin B6: 0.5mg (25.23%), Potassium: 877.61mg (25.07%), Phosphorus: 201.55mg (20.16%), Vitamin E: 2.9mg (19.34%), Vitamin B2: 0.31mg (18.32%), Vitamin B1: 0.25mg (16.96%), Selenium: 11.63µg (16.62%), Vitamin B5: 1.47mg (14.69%), Magnesium: 55.22mg (13.81%), Vitamin B3: 2.73mg (13.65%), Iron: 2.16mg (11.98%), Calcium: 114.51mg (11.45%), Zinc: 1.3mg (8.66%), Copper: 0.16mg (8.23%), Vitamin B12: 0.14µg (2.36%)