



Cheddar Broccoli Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



527 kcal

SIDE DISH

Ingredients

- 6 cups broccoli florets fresh
- 1.5 cups cheddar cheese shredded
- 0.3 cup onion chopped
- 1.5 cups mayonnaise
- 0.8 cup sugar
- 3 tablespoons red wine vinegar
- 12 bacon crumbled cooked

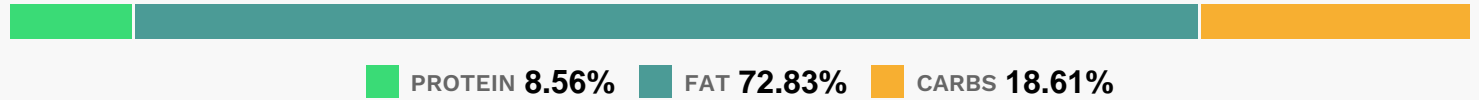
Equipment

bowl

Directions

- Place broccoli, cheese and onion in a large bowl.
- Mix mayonnaise, sugar and vinegar; toss with broccoli mixture.
- Refrigerate, covered, at least 4 hours. Stir in bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:14.37, Inflammation Score:-7, Nutrition Score:16.478260848833%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 527.33kcal (26.37%), Fat: 43.15g (66.39%), Saturated Fat: 10.5g (65.64%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 22.92g (8.33%), Sugar: 20.46g (22.74%), Cholesterol: 50.71mg (16.9%), Sodium: 630.29mg (27.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Vitamin K: 138.61µg (132.01%), Vitamin C: 61.4mg (74.42%), Selenium: 14.9µg (21.28%), Phosphorus: 199.85mg (19.98%), Calcium: 188.61mg (18.86%), Vitamin E: 2.12mg (14.14%), Vitamin A: 669.37IU (13.39%), Folate: 50.81µg (12.7%), Vitamin B2: 0.21mg (12.62%), Vitamin B6: 0.21mg (10.48%), Zinc: 1.5mg (10.02%), Potassium: 312.57mg (8.93%), Vitamin B1: 0.13mg (8.6%), Vitamin B3: 1.71mg (8.57%), Manganese: 0.16mg (8.15%), Fiber: 1.89g (7.55%), Vitamin B5: 0.69mg (6.93%), Vitamin B12: 0.41µg (6.76%), Magnesium: 25.08mg (6.27%), Iron: 0.78mg (4.35%), Copper: 0.07mg (3.27%), Vitamin D: 0.26µg (1.73%)