



Chicken Broccoli Salad



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 8 cups broccoli florets
- ☐ 0.3 cup bacon crumbled cooked
- ☐ 6 green onions chopped
- ☐ 1 cup mayonnaise
- ☐ 3 chicken breast halves boneless skinless cubed cooked
- ☐ 1 cup walnuts chopped
- ☐ 0.3 cup sugar white

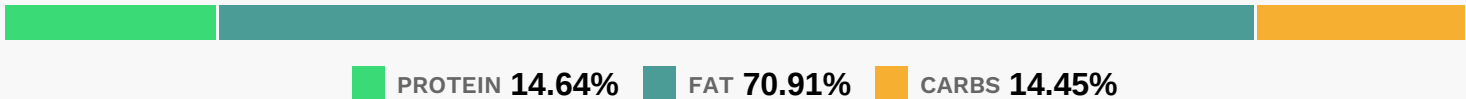
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine broccoli, chicken, walnuts, and green onions in a large bowl.
- ☐ Whisk mayonnaise, vinegar, and sugar together in a bowl until well blended.
- ☐ Pour mayonnaise dressing over broccoli mixture; toss to coat.
- ☐ Cover and refrigerate until chilled, if desired.
- ☐ Sprinkle with crumbled bacon to serve.

Nutrition Facts



Properties

Glycemic Index:24.41, Glycemic Load:4.79, Inflammation Score:-7, Nutrition Score:18.727825988894%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 328.27kcal (16.41%), Fat: 26.55g (40.85%), Saturated Fat: 3.95g (24.72%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 9.31g (3.39%), Sugar: 6.85g (7.61%), Cholesterol: 33.9mg (11.3%), Sodium: 254.78mg (11.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.67%), Vitamin K: 126.06µg (120.05%), Vitamin C: 66.85mg (81.03%), Manganese: 0.59mg (29.31%), Vitamin B6: 0.47mg (23.27%), Vitamin B3: 4.47mg (22.33%), Selenium: 15.27µg (21.81%), Phosphorus: 178.53mg (17.85%), Folate: 64.41µg (16.1%), Potassium: 449.99mg (12.86%), Copper: 0.24mg (12.24%), Fiber: 2.86g (11.46%), Magnesium: 45.43mg (11.36%), Vitamin A: 553.44IU (11.07%), Vitamin B5: 1.04mg (10.42%), Vitamin E: 1.5mg (10%), Vitamin B2: 0.15mg (9.07%), Vitamin B1: 0.14mg (9.02%), Zinc: 1.01mg (6.72%), Iron: 1.19mg (6.62%), Calcium: 55.13mg (5.51%), Vitamin B12: 0.13µg (2.09%)