



Chinese-Style Broccoli Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- 2 heads broccoli fresh
- 2 tablespoons soya sauce light
- 0.3 teaspoon salt
- 1 tablespoon salt
- 2 tablespoons sesame oil
- 2 tablespoons vegetable oil
- 2 tablespoons distilled vinegar white
- 1 tablespoon sugar white

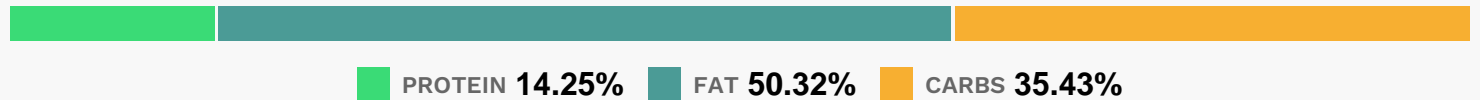
Equipment

bowl

Directions

- Separate broccoli into bite-sized florets. Peel tough skin off stem and quarter it into 2 inch pieces cut slantwise.
- Bring 2 1/2 quarts water, 2 tablespoons oil and 1 tablespoon salt to boil.
- Add broccoli and boil quickly for 1 minute; plunge into cold water to set color; drain and place on platter or in a bowl.
- In a small bowl combine soy sauce, vinegar, sesame oil, 1/4 teaspoon salt and sugar.
- Pour mixture over broccoli, toss. This salad can be served hot or cold, your choice!

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:6.09, Inflammation Score:-10, Nutrition Score:25.582173886506%

Flavonoids

Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg, Kaempferol: 23.83mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 243.74kcal (12.19%), Fat: 14.94g (22.99%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 15.7g (5.71%), Sugar: 8.32g (9.24%), Cholesterol: 0mg (0%), Sodium: 2492.7mg (108.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.04%), Vitamin C: 271.17mg (328.69%), Vitamin K: 323.54µg (308.13%), Folate: 193.14µg (48.28%), Vitamin A: 1893.92IU (37.88%), Manganese: 0.69mg (34.64%), Fiber: 7.98g (31.9%), Potassium: 980.33mg (28.01%), Vitamin B6: 0.55mg (27.5%), Vitamin B2: 0.37mg (21.76%), Phosphorus: 212.66mg (21.27%), Vitamin E: 3.03mg (20.17%), Vitamin B5: 1.78mg (17.76%), Magnesium: 67.57mg (16.89%), Vitamin B1: 0.22mg (14.74%), Calcium: 146.36mg (14.64%), Iron: 2.45mg (13.64%), Vitamin B3: 2.3mg (11.49%), Selenium: 7.73µg (11.05%), Zinc: 1.29mg (8.61%), Copper: 0.16mg (8.16%)