



Chubba Bubba's Broccoli Salad

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

Ingredients

- ☐ 16 oz bacon
- ☐ 12 oz broccoli florets chopped
- ☐ 0.5 cup carrots finely chopped
- ☐ 10 oz cauliflower florets chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup onion red finely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 oz cheddar cheese shredded

☐ 1 tablespoon sugar

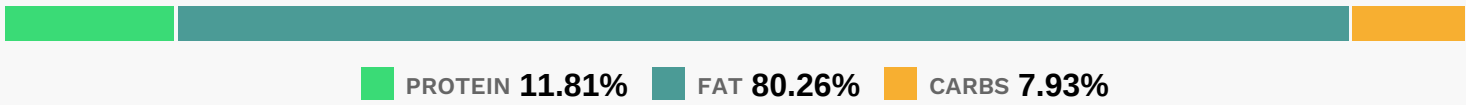
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a large skillet over medium-high heat 10 to 12 minutes or until crisp; remove bacon, and drain on paper towels. Crumble bacon.
- ☐ Cook broccoli and cauliflower in boiling salted water to cover 2 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain well.
- ☐ Place cauliflower and broccoli in a large bowl.
- ☐ Add cheese, carrot, and onion.
- ☐ Stir together mayonnaise, sugar, and vinegar.
- ☐ Pour over cauliflower mixture; toss to coat. Top with bacon. Cover and chill 1 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:35.62, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:16.509130695592%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 424.55kcal (21.23%), Fat: 38.08g (58.59%), Saturated Fat: 12g (74.98%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 6.35g (2.31%), Sugar: 3.61g (4.02%), Cholesterol: 57.48mg (19.16%), Sodium: 587.65mg (25.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.21%), Vitamin K: 73.1µg (69.62%), Vitamin C:

55.87mg (67.72%), Vitamin A: 1773.62IU (35.47%), Selenium: 17.05µg (24.35%), Phosphorus: 197.72mg (19.77%), Vitamin B6: 0.32mg (15.92%), Vitamin B1: 0.22mg (14.5%), Vitamin B3: 2.82mg (14.12%), Calcium: 135.98mg (13.6%), Folate: 53.14µg (13.28%), Potassium: 400.7mg (11.45%), Vitamin B2: 0.19mg (11.08%), Zinc: 1.51mg (10.06%), Vitamin B5: 0.91mg (9.05%), Manganese: 0.17mg (8.63%), Fiber: 2.12g (8.49%), Vitamin E: 1.22mg (8.15%), Vitamin B12: 0.45µg (7.51%), Magnesium: 26.63mg (6.66%), Iron: 0.8mg (4.42%), Copper: 0.07mg (3.59%), Vitamin D: 0.34µg (2.27%)