



Citrusy Broccoli and Cauliflower Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 cups broccoli florets
- ☐ 3 cups cauliflower florets
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup mayonnaise light
- ☐ 2 tablespoons orange juice fresh

- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 cup raisins
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 3 slices center-cut bacon crumbled cooked

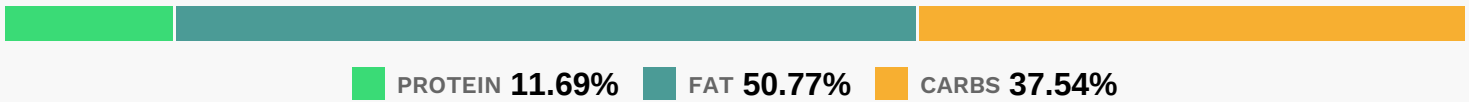
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 9 ingredients in a bowl; stir with a whisk until blended.
- ☐ Combine broccoli and remaining 4 ingredients in a large bowl. Spoon mayonnaise mixture over broccoli mixture; toss gently to coat. Cover and chill 4 hours.

Nutrition Facts



Properties

Glycemic Index:42.61, Glycemic Load:4.4, Inflammation Score:-6, Nutrition Score:10.569565337637%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 121.93kcal (6.1%), Fat: 7.27g (11.18%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 9.68g (3.52%), Sugar: 3.37g (3.74%), Cholesterol: 10.03mg (3.34%), Sodium: 258.37mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin C: 64.62mg (78.33%), Vitamin K:

44.96µg (42.82%), Folate: 49.55µg (12.39%), Vitamin A: 526.14IU (10.52%), Vitamin B6: 0.21mg (10.41%), Fiber: 2.41g (9.63%), Potassium: 332.98mg (9.51%), Manganese: 0.17mg (8.63%), Phosphorus: 68.92mg (6.89%), Vitamin B1: 0.1mg (6.67%), Selenium: 4.47µg (6.38%), Vitamin B5: 0.58mg (5.75%), Vitamin B3: 1.14mg (5.71%), Vitamin B2: 0.1mg (5.62%), Magnesium: 18.92mg (4.73%), Vitamin E: 0.67mg (4.44%), Iron: 0.71mg (3.95%), Copper: 0.06mg (3.15%), Calcium: 30.57mg (3.06%), Zinc: 0.45mg (3.02%), Vitamin B12: 0.07µg (1.13%)