



Classic Broccoli-Raisin Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



490 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

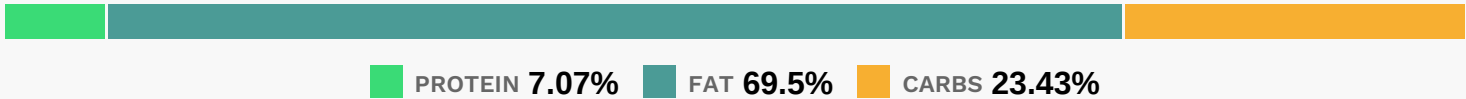
- ☐ 16 ounce broccoli florets fresh
- ☐ 4 bacon crumbled cooked
- ☐ 1 cup golden raisins
- ☐ 1 cup mayonnaise
- ☐ 1 medium size purple onion
- ☐ 3 tablespoons red wine vinegar
- ☐ 3.8 ounce sunflower kernels

Equipment

Directions

- ☐ Cut onion into thin slices; cut onion slices in half.
- ☐ Stir together onion and remaining ingredients. Chill at least 2 hours.
- ☐ NOTE: For a lighter version, substitute turkey bacon and low-fat mayonnaise.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:12.21, Inflammation Score:-8, Nutrition Score:23.644782413607%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg, Kaempferol: 6.7mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 489.75kcal (24.49%), Fat: 39.32g (60.5%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 25.05g (9.11%), Sugar: 17.04g (18.94%), Cholesterol: 20.96mg (6.99%), Sodium: 357.44mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18.01%), Vitamin K: 138.88µg (132.27%), Vitamin C: 69.85mg (84.67%), Vitamin E: 8.1mg (54.01%), Manganese: 0.61mg (30.48%), Vitamin B6: 0.5mg (25.11%), Vitamin B1: 0.36mg (23.99%), Folate: 93.92µg (23.48%), Copper: 0.46mg (23.21%), Phosphorus: 229.08mg (22.91%), Selenium: 15.1µg (21.58%), Magnesium: 86.08mg (21.52%), Fiber: 4.77g (19.07%), Potassium: 597.23mg (17.06%), Vitamin B3: 2.82mg (14.09%), Vitamin B2: 0.22mg (13.05%), Iron: 2.12mg (11.76%), Zinc: 1.53mg (10.17%), Vitamin A: 506.45IU (10.13%), Vitamin B5: 0.81mg (8.14%), Calcium: 70.4mg (7.04%), Vitamin B12: 0.1µg (1.72%)