



Cold Broccoli Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



157 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer bacon fully cooked cut into bite-size pieces
- 7 cups broccoli florets fresh
- 1 cup the dressing kraft
- 0.5 cup raisins
- 0.3 cup onions red finely chopped
- 0.3 cup planters sunflower kernels

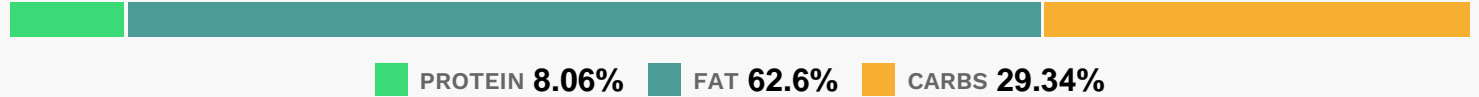
Equipment

- bowl

Directions

- Combine all ingredients except dressing in large bowl.
- Add dressing; mix lightly.
- Refrigerate 30 min.
- Mix lightly just before serving.

Nutrition Facts



Properties

Glycemic Index:9.84, Glycemic Load:2.88, Inflammation Score:-5, Nutrition Score:9.5021739006042%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 157.38kcal (7.87%), Fat: 11.33g (17.44%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 10.16g (3.7%), Sugar: 4.74g (5.27%), Cholesterol: 13.54mg (4.51%), Sodium: 231mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin K: 58.22µg (55.45%), Vitamin C: 41.22mg (49.96%), Vitamin E: 1.79mg (11.92%), Manganese: 0.18mg (9%), Folate: 35.51µg (8.88%), Vitamin B6: 0.15mg (7.57%), Selenium: 5.2µg (7.43%), Phosphorus: 71.61mg (7.16%), Fiber: 1.79g (7.16%), Vitamin B1: 0.11mg (7.13%), Potassium: 231.03mg (6.6%), Vitamin A: 299.46IU (5.99%), Vitamin B2: 0.09mg (5.26%), Magnesium: 20.84mg (5.21%), Vitamin B3: 0.94mg (4.71%), Copper: 0.09mg (4.46%), Iron: 0.7mg (3.86%), Vitamin B5: 0.37mg (3.69%), Zinc: 0.46mg (3.07%), Calcium: 27.44mg (2.74%), Vitamin B12: 0.06µg (1.05%)