



WHATSheATE



Colorful Broccoli Salad



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



435 kcal

SIDE DISH

Ingredients



0.5 pound bacon cut into 1-inch square pieces



1 bunch broccoli cut into florets



0.5 cup mayonnaise



1 onion red chopped



1 cup sharp cheddar cheese shredded



1 teaspoon vinegar



0.3 cup sugar white

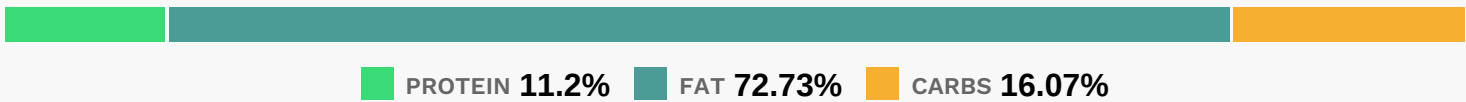
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Whisk mayonnaise, sugar, and vinegar together in a bowl.
- ☐ Place bacon in a large skillet; cook and stir over medium-high heat until evenly browned, about 10 minutes.
- ☐ Drain bacon on paper towels.
- ☐ Mix broccoli, bacon, onion, and Cheddar cheese in a large bowl.
- ☐ Pour dressing over broccoli mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:42.68, Glycemic Load:7.68, Inflammation Score:-8, Nutrition Score:19.434347764305%

Flavonoids

Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 8.06mg, Kaempferol: 8.06mg, Kaempferol: 8.06mg, Kaempferol: 8.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 435.42kcal (21.77%), Fat: 35.79g (55.06%), Saturated Fat: 10.95g (68.43%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 14.84g (5.4%), Sugar: 10.99g (12.21%), Cholesterol: 51.62mg (17.21%), Sodium: 526.21mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.79%), Vitamin K: 134.31µg (127.92%), Vitamin C: 91.75mg (111.21%), Selenium: 16.04µg (22.91%), Phosphorus: 216.84mg (21.68%), Calcium: 188.51mg (18.85%), Folate: 72.21µg (18.05%), Vitamin A: 846.5IU (16.93%), Vitamin B6: 0.31mg (15.72%), Vitamin B2: 0.24mg (14.25%), Vitamin B1: 0.19mg (12.8%), Potassium: 440.24mg (12.58%), Manganese: 0.24mg (12.23%), Fiber: 2.95g (11.79%), Vitamin E: 1.71mg (11.4%), Vitamin B3: 2.2mg (10.99%), Zinc: 1.61mg (10.75%), Vitamin B5: 0.92mg (9.23%), Magnesium: 32.93mg (8.23%), Vitamin B12: 0.41µg (6.85%), Iron: 1.01mg (5.59%), Copper: 0.08mg (4.15%), Vitamin D: 0.3µg (2.01%)