



## Crunchy Broccoli Salad

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



14

CALORIES



59 kcal

SIDE DISH

### Ingredients

- 6 cups broccoli florets fresh
- 2 stalks celery thin
- 2 Tbsp heinz distilled vinegar white
- 0.5 cup cranberries dried
- 0.8 cup miracle whip dressing
- 0.5 cup onions red finely chopped
- 0.3 cup planters slivered almonds toasted
- 2 Tbsp sugar

# Equipment

bowl

# Directions

- Mix dressing, sugar and vinegar in large bowl until blended.
- Add all remaining ingredients except nuts; mix lightly.
- Refrigerate 1 hour.
- Sprinkle with nuts before serving.

# Nutrition Facts



**PROTEIN 10.13%** **FAT 21.39%** **CARBS 68.48%**

# Properties

Glycemic Index:15.79, Glycemic Load:1.86, Inflammation Score:-4, Nutrition Score:6.7556521426076%

# Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg, Kaempferol: 3.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

# Nutrients (% of daily need)

Calories: 59.3kcal (2.97%), Fat: 1.54g (2.37%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 9.19g (3.34%), Sugar: 7.33g (8.14%), Cholesterol: 1.23mg (0.41%), Sodium: 125.61mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin C: 35.4mg (42.91%), Vitamin K: 41.81µg (39.82%), Fiber: 1.93g (7.73%), Manganese: 0.15mg (7.6%), Folate: 28.56µg (7.14%), Vitamin E: 0.91mg (6.04%), Vitamin A: 278.19IU (5.56%), Potassium: 169.47mg (4.84%), Vitamin B2: 0.07mg (4.35%), Vitamin B6: 0.08mg (4.18%), Phosphorus: 39.16mg (3.92%), Magnesium: 14.79mg (3.7%), Calcium: 28.47mg (2.85%), Vitamin B5: 0.26mg (2.63%), Vitamin B1: 0.04mg (2.4%), Copper: 0.05mg (2.31%), Iron: 0.41mg (2.3%), Vitamin B3: 0.37mg (1.84%), Selenium: 1.15µg (1.65%), Zinc: 0.24mg (1.61%)