



Crunchy Broccoli Slaw

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



8

CALORIES



225 kcal

SIDE DISH

Ingredients

- 8 slices bacon
- 1 large head broccoli
- 0.3 cup golden raisins
- 2 tablespoons honey
- 0.3 cup mayonnaise
- 0.5 cup onion red minced
- 8 servings salt and pepper
- 3 tablespoons balsamic vinegar white

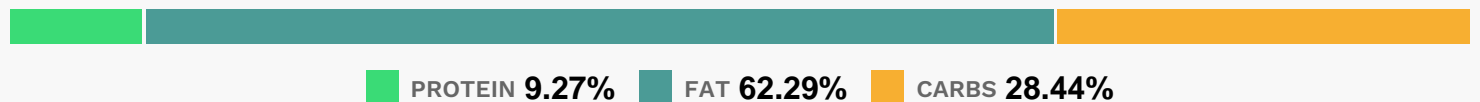
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Cook bacon in a large skillet or on a griddle over medium heat until browned and crisp.
- Drain on paper towels. Crumble into 1/2-inch pieces; set aside.
- Cut florets from broccoli stems and chop into small pieces.
- Transfer to a salad bowl and toss with minced onion and raisins.
- In a small bowl, whisk together mayonnaise and vinegar until smooth.
- Add honey, salt and pepper, whisking to combine.
- Pour dressing over broccoli mixture and toss to coat evenly. Crumble bacon pieces over broccoli slaw and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.49, Glycemic Load:6.57, Inflammation Score:-6, Nutrition Score:13.73086937355%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 6.19mg, Kaempferol: 6.19mg, Kaempferol: 6.19mg, Kaempferol: 6.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 224.53kcal (11.23%), Fat: 16.03g (24.66%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 14.07g (5.12%), Sugar: 10.55g (11.73%), Cholesterol: 18.44mg (6.15%), Sodium: 426.49mg (18.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin K: 92.98µg (88.56%), Vitamin

C: 68.75mg (83.34%), Folate: 50.53µg (12.63%), Vitamin B6: 0.22mg (11.25%), Manganese: 0.21mg (10.34%), Potassium: 354.75mg (10.14%), Vitamin A: 487.89IU (9.76%), Fiber: 2.4g (9.59%), Selenium: 6.67µg (9.53%), Phosphorus: 95mg (9.5%), Vitamin B1: 0.12mg (8.05%), Vitamin B2: 0.12mg (7.34%), Vitamin B3: 1.46mg (7.29%), Vitamin E: 1mg (6.69%), Vitamin B5: 0.6mg (5.98%), Magnesium: 22.64mg (5.66%), Iron: 0.86mg (4.78%), Calcium: 45.12mg (4.51%), Zinc: 0.64mg (4.26%), Copper: 0.08mg (3.88%), Vitamin B12: 0.12µg (2.02%)