



Curry Broccoli Salad



Gluten Free



Dairy Free

READY IN



830 min.

SERVINGS



8

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon
- ☐ 6 cups broccoli florets fresh
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon curry powder
- ☐ 0.5 cup cherries dried
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 cup onion diced
- ☐ 0.5 cup sunflower seeds

☐ 0.3 cup sugar white

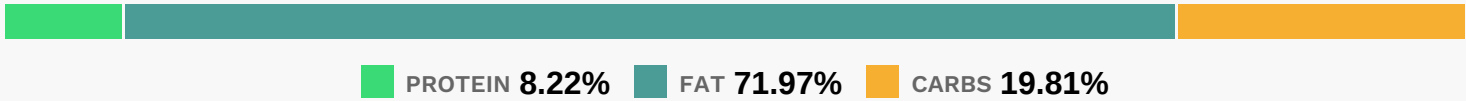
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a large bowl, combine the bacon, broccoli, onion, dried fruit and sunflower seeds.
- ☐ Whisk together the mayonnaise, curry powder, vinegar and sugar.
- ☐ Pour dressing over salad; toss to coat, and marinate over night.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:17.982608826264%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 386.89kcal (19.34%), Fat: 31.59g (48.6%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 16.09g (5.85%), Sugar: 12.1g (13.45%), Cholesterol: 27.53mg (9.18%), Sodium: 346.29mg (15.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Vitamin K: 104.13µg (99.18%), Vitamin C: 61.76mg (74.87%), Vitamin E: 4.35mg (28.97%), Selenium: 12.46µg (17.8%), Manganese: 0.34mg (17.22%), Vitamin B1: 0.26mg (17.2%), Folate: 65.34µg (16.34%), Vitamin B6: 0.32mg (16.2%), Phosphorus: 149.63mg (14.96%), Vitamin A: 725.13IU (14.5%), Fiber: 3.46g (13.84%), Magnesium: 46.99mg (11.75%), Vitamin B3: 2.29mg (11.47%), Copper: 0.21mg (10.34%), Potassium: 351.34mg (10.04%), Vitamin B2: 0.14mg (8.3%), Iron: 1.33mg (7.37%), Zinc: 1.09mg

(7.29%), Vitamin B5: 0.69mg (6.91%), Calcium: 52.35mg (5.23%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.16µg (1.04%)