



Deli-Style Fresh Broccoli Salad

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



468 kcal

SIDE DISH

Ingredients

- 12 slices bacon diced
- 1 head broccoli cut into florets
- 2 tablespoons cider vinegar
- 0.5 cup green onion sliced
- 0.5 cup honey
- 1 cup mayonnaise
- 1 cup cranberries dried sweetened raisins® (such as)

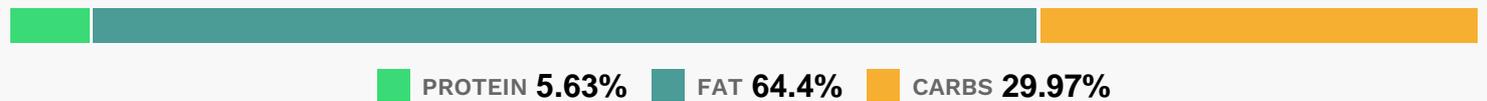
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Cook and stir bacon in a large skillet over medium–high heat until crisp, about 10 minutes.
- Drain bacon on a plate lined with paper towel.
- Toss broccoli, cranberries, and green onion together in a large bowl.
- Whisk mayonnaise, honey, and vinegar together in a small bowl.
- Add bacon to broccoli mixture and toss.
- Drizzle dressing over the salad; toss to coat.
- Refrigerate until cold, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:25.78, Glycemic Load:10.27, Inflammation Score:-7, Nutrition Score:15.539130511491%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg, Kaempferol: 6.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 467.71kcal (23.39%), Fat: 34.5g (53.08%), Saturated Fat: 7.77g (48.54%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 33.14g (12.05%), Sugar: 30.01g (33.34%), Cholesterol: 33.54mg (11.18%), Sodium: 424.13mg (18.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Vitamin K: 137.25µg (130.71%), Vitamin C: 69.1mg (83.76%), Selenium: 9.48µg (13.54%), Folate: 53.7µg (13.43%), Vitamin E: 2.01mg (13.37%), Manganese: 0.24mg (12.08%), Fiber: 2.98g (11.94%), Vitamin B6: 0.24mg (11.88%), Vitamin A: 566.2IU (11.32%), Phosphorus: 108.23mg (10.82%), Vitamin B1: 0.15mg (10.22%), Potassium: 349.53mg (9.99%), Vitamin B3: 1.95mg (9.77%),

Vitamin B2: 0.14mg (8.13%), Vitamin B5: 0.72mg (7.19%), Magnesium: 22.67mg (5.67%), Zinc: 0.83mg (5.54%), Iron: 1mg (5.54%), Calcium: 47.01mg (4.7%), Copper: 0.08mg (3.95%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.19µg (1.25%)