



## Delicious Broccoli Cranberry Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 large heads broccoli cut into florets
- 0.3 cup cashew pieces
- 0.5 cup celery chopped
- 1 cup cranberries dried
- 1 cup mayonnaise
- 0.5 small onion red chopped
- 0.3 cup rice vinegar
- 0.3 cup sugar white

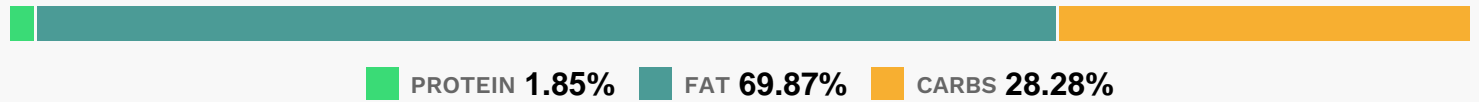
# Equipment

- bowl
- whisk

# Directions

- Mix broccoli, cranberries, onion, and celery in a large bowl.
- Whisk mayonnaise, sugar, and rice vinegar together in a bowl; pour over broccoli mixture. Toss to combine.
- Sprinkle with cashews just before serving.

# Nutrition Facts



# Properties

Glycemic Index:35.79, Glycemic Load:4.98, Inflammation Score:-2, Nutrition Score:4.7473913172017%

# 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 Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

# Nutrients (% of daily need)

Calories: 296.01kcal (14.8%), Fat: 23.5g (36.16%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 20.2g (7.34%), Sugar: 18.1g (20.11%), Cholesterol: 11.76mg (3.92%), Sodium: 184.83mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin K: 50.76µg (48.34%), Vitamin E: 1.31mg (8.7%), Manganese: 0.15mg (7.58%), Copper: 0.14mg (6.94%), Fiber: 1.2g (4.82%), Magnesium: 18.1mg (4.52%), Phosphorus: 42.96mg (4.3%), Iron: 0.51mg (2.84%), Selenium: 1.95µg (2.78%), Zinc: 0.39mg (2.6%), Vitamin B6: 0.04mg (2.19%), Potassium: 76.02mg (2.17%), Vitamin B1: 0.03mg (2.14%), Folate: 6.48µg (1.62%), Vitamin B5: 0.15mg (1.53%), Vitamin C: 0.98mg (1.19%), Vitamin B2: 0.02mg (1.15%), Calcium: 10.36mg (1.04%)