



## Floret Salad

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

READY IN



**15 min.**

SERVINGS



**2**

CALORIES



**341 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.7 cup broccoli florets fresh
- 2 tablespoons cashew pieces whole
- 0.7 cup cauliflower florets fresh
- 2 bacon crumbled cooked
- 3 tablespoons mayonnaise
- 2 tablespoons raisins
- 2 tablespoons onion red chopped
- 5 teaspoons sugar

0.5 teaspoon vinegar white

## Equipment

bowl

whisk

## Directions

In a small bowl, combine the cauliflower, broccoli, onion, raisins and bacon. In another bowl, whisk the mayonnaise, sugar and vinegar.

Pour over salad and toss to coat. Cover and refrigerate until serving.

Sprinkle with cashews just before serving.

## Nutrition Facts



**PROTEIN 7.58%** **FAT 58.99%** **CARBS 33.43%**

## Properties

Glycemic Index:172.55, Glycemic Load:14.96, Inflammation Score:-5, Nutrition Score:13.292173598124%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 341.31kcal (17.07%), Fat: 23.23g (35.74%), Saturated Fat: 4.3g (26.9%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 26.64g (9.69%), Sugar: 12.27g (13.63%), Cholesterol: 16.74mg (5.58%), Sodium: 293.68mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin K: 73.79µg (70.27%), Vitamin C: 44.72mg (54.21%), Manganese: 0.34mg (16.91%), Copper: 0.31mg (15.49%), Phosphorus: 143.64mg (14.36%), Potassium: 444.21mg (12.69%), Magnesium: 48.77mg (12.19%), Vitamin B6: 0.24mg (12.04%), Fiber: 2.98g (11.9%), Folate: 44.01µg (11%), Selenium: 7.69µg (10.99%), Vitamin B1: 0.15mg (9.92%), Iron: 1.56mg (8.69%), Vitamin B3: 1.49mg (7.44%), Zinc: 1.11mg (7.43%), Vitamin E: 1.08mg (7.18%), Vitamin B2: 0.12mg (6.81%), Vitamin B5: 0.63mg (6.27%), Vitamin A: 205.79IU (4.12%), Calcium: 34.53mg (3.45%), Vitamin B12: 0.11µg (1.87%)