



Fresh Broccoli Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 2 cups broccoli florets cooked
- ☐ 6 cherry tomatoes cut in half
- ☐ 0.3 cup pearl-size mozzarella) fresh
- ☐ 0.1 cup onion slivers red Recommended: Ready Pac
- ☐ 2 servings pepper mill
- ☐ 0.3 cup red wine vinaigrette Recommended: Briana's

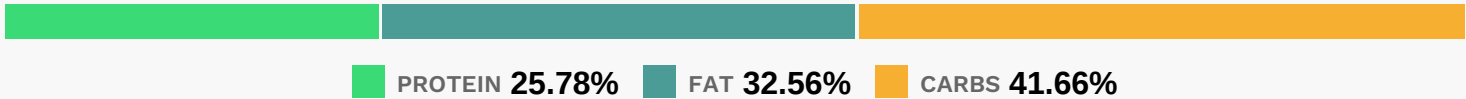
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, toss together all ingredients, except black pepper.
- ☐ Divide among 2 chilled salad plates.
- ☐ Serve with freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:16.345652378124%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg, Kaempferol: 7.23mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 111.87kcal (5.59%), Fat: 3.54g (5.44%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 7.26g (2.64%), Sugar: 3.57g (3.97%), Cholesterol: 11.06mg (3.69%), Sodium: 125.04mg (5.44%), Alcohol: 3.18g (100%), Alcohol %: 2.06% (100%), Protein: 6.3g (12.59%), Vitamin C: 93.54mg (113.38%), Vitamin K: 94.89µg (90.37%), Vitamin A: 912.31IU (18.25%), Folate: 67.16µg (16.79%), Manganese: 0.31mg (15.71%), Phosphorus: 133.86mg (13.39%), Potassium: 463.41mg (13.24%), Calcium: 124.22mg (12.42%), Vitamin B6: 0.23mg (11.71%), Fiber: 2.92g (11.67%), Vitamin B2: 0.17mg (9.97%), Magnesium: 31.27mg (7.82%), Selenium: 5.02µg (7.18%), Iron: 1.24mg (6.9%), Vitamin E: 1.02mg (6.83%), Vitamin B5: 0.63mg (6.3%), Vitamin B1: 0.09mg (6.23%), Zinc: 0.91mg (6.09%), Vitamin B12: 0.32µg (5.32%), Vitamin B3: 0.95mg (4.74%), Copper: 0.09mg (4.65%)