



Kecia's Broccoli Salad



Gluten Free



Dairy Free

READY IN



810 min.

SERVINGS



8

CALORIES



569 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon sliced
- ☐ 1 head broccoli fresh
- ☐ 3 tablespoons cider vinegar
- ☐ 1 bunch green onions chopped
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup raisins
- ☐ 1 cup peanuts unsalted
- ☐ 0.5 cup sugar white

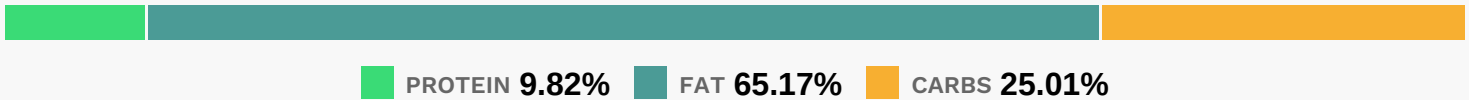
Equipment

- ☐ 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 to cool. In a large bowl toss the broccoli florets, bacon, green onions, raisins and peanuts together.
- ☐ In a small bowl whisk the vinegar, sugar and mayonnaise together.
- ☐ Pour half of the dressing over the broccoli mixture and refrigerate.
- ☐ Let marinate overnight. Just before serving top with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:35.36, Glycemic Load:17.45, Inflammation Score:-7, Nutrition Score:21.067391530327%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg, Kaempferol: 6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 568.52kcal (28.43%), Fat: 42.47g (65.34%), Saturated Fat: 10.71g (66.91%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 31.86g (11.59%), Sugar: 14.83g (16.48%), Cholesterol: 43.3mg (14.43%), Sodium: 496.38mg (21.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.8%), Vitamin K: 106.55µg (101.48%), Vitamin C: 69.33mg (84.04%), Manganese: 0.61mg (30.73%), Vitamin B3: 5.61mg (28.06%), Selenium: 15.52µg (22.18%), Phosphorus: 216.15mg (21.61%), Vitamin B6: 0.41mg (20.29%), Fiber: 4.82g (19.28%), Potassium: 633.1mg (18.09%), Vitamin B1: 0.26mg (17.44%), Folate: 68.75µg (17.19%), Magnesium: 61.71mg (15.43%), Vitamin E: 2.21mg (14.75%), Vitamin B2: 0.21mg (12.42%), Vitamin A: 533.47IU (10.67%), Vitamin B5: 1.04mg (10.39%), Zinc: 1.55mg (10.37%), Copper: 0.2mg (10.02%), Iron: 1.64mg (9.09%), Calcium: 58.01mg (5.8%), Vitamin B12: 0.3µg (5%),

Vitamin D: 0.25µg (1.7%)