



## Marinated Broccoli-Tomato Salad

 Vegetarian  Gluten Free

READY IN



255 min.

SERVINGS



15

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 cups broccoli florets coarsely chopped
- 1 cup cherry tomatoes halved
- 1 cup natural milk colby & monterey jack cheese crumbles 2% kraft
- 2 tsp grey poupon dijon mustard
- 1 Tbsp poppy seed
- 0.5 cup onions red thinly sliced
- 1 Tbsp sugar
- 2 Tbsp planters sunflower kernels

0.5 cup lite raspberry vinaigrette dressing kraft

## Equipment

bowl

## Directions

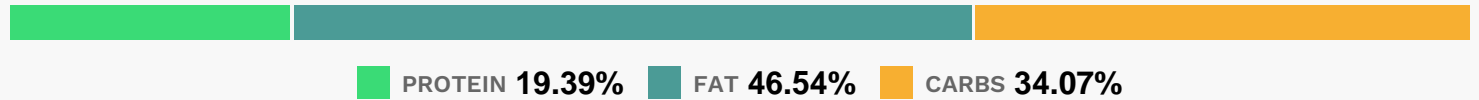
Combine first 6 ingredients in large bowl.

Mix remaining ingredients until blended.

Add to broccoli mixture; toss to coat.

Refrigerate 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:12.41, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:7.5869566085546%

## Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

## Nutrients (% of daily need)

Calories: 72.5kcal (3.62%), Fat: 3.93g (6.05%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.67g (4.08%), Cholesterol: 8.36mg (2.79%), Sodium: 143.4mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin C: 35.16mg (42.61%), Vitamin K: 37.68µg (35.88%), Calcium: 89.61mg (8.96%), Phosphorus: 83.19mg (8.32%), Manganese: 0.16mg (8.15%), Folate: 30.38µg (7.59%), Vitamin A: 364.06IU (7.28%), Vitamin E: 0.85mg (5.65%), Fiber: 1.36g (5.46%), Vitamin B6: 0.1mg (5.24%), Vitamin B2: 0.09mg (5.01%), Potassium: 169.48mg (4.84%), Selenium: 3.28µg (4.69%), Magnesium: 18.05mg (4.51%), Vitamin B1: 0.06mg (3.95%), Zinc: 0.56mg (3.73%), Copper: 0.07mg (3.26%), Iron: 0.55mg (3.05%), Vitamin B5: 0.27mg (2.65%), Vitamin B3: 0.42mg (2.1%), Vitamin B12: 0.07µg (1.22%)