




 **51%**  
HEALTH SCORE

# Minnesota Broccoli Salad


 Vegetarian  Gluten Free  Dairy Free

READY IN




**520 min.**

SERVINGS



**1**

CALORIES



**1711 kcal**

SIDE DISH

## Ingredients

- 1 pound broccoli chopped
- 0.5 teaspoon celery seed
- 3 eggs
- 1 tablespoon optional: dill fresh chopped
- 1 cup olives green sliced
- 0.8 cup mayonnaise
- 1 teaspoon ground mustard dry
- 0.3 cup onion red finely chopped

## Equipment

- sauce pan
- mixing bowl
- pot
- colander

## Directions

- Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat. Once the water is boiling, remove from the heat and let the eggs stand in the hot water for 15 minutes.
- Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and chop once cold.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add the broccoli and cook uncovered until bright green and just tender, about 2 minutes.
- Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the broccoli is cold, drain well and set aside.
- Combine the red onion, hard-cooked eggs, green olives, pimentos, mayonnaise, mustard powder, celery seed, and dill in a mixing bowl. Stir in the drained cooked broccoli. Refrigerate overnight for best flavor.

## Nutrition Facts

 **PROTEIN 7.65%**  **FAT 82.8%**  **CARBS 9.55%**

## Properties

Glycemic Index:124, Glycemic Load:7.17, Inflammation Score:-10, Nutrition Score:54.29478263855%

## Flavonoids

Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 12.02mg, Luteolin: 12.02mg, Luteolin: 12.02mg, Luteolin: 12.02mg Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg, Isorhamnetin: 2.18mg Kaempferol: 35.88mg, Kaempferol: 35.88mg, Kaempferol: 35.88mg, Kaempferol: 35.88mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 23.13mg, Quercetin: 23.13mg, Quercetin: 23.13mg, Quercetin: 23.13mg

## Nutrients (% of daily need)

Calories: 1711.38kcal (85.57%), Fat: 161.57g (248.57%), Saturated Fat: 27.12g (169.52%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 24.65g (8.96%), Sugar: 11.72g (13.03%), Cholesterol: 561.6mg (187.2%), Sodium: 3513.63mg (152.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.58g (67.17%), Vitamin K: 739.06µg (703.86%), Vitamin C: 408.22mg (494.81%), Vitamin E: 15.7mg (104.65%), Folate: 371.79µg (92.95%), Selenium: 61.43µg (87.75%), Vitamin A: 4211.24IU (84.22%), Vitamin B2: 1.2mg (70.32%), Fiber: 17.3g (69.2%), Phosphorus: 635.3mg (63.53%), Manganese: 1.18mg (59.13%), Vitamin B6: 1.14mg (56.95%), Potassium: 1795.92mg (51.31%), Vitamin B5: 5.01mg (50.1%), Iron: 7.38mg (40.99%), Calcium: 403.77mg (40.38%), Magnesium: 143.64mg (35.91%), Vitamin B1: 0.46mg (30.54%), Copper: 0.55mg (27.7%), Zinc: 4.13mg (27.54%), Vitamin B12: 1.38µg (22.94%), Vitamin D: 2.98µg (19.84%), Vitamin B3: 3.5mg (17.48%)