



Mushroom Broccoli Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



318 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 4 slices bacon
- ☐ 4 cups broccoli florets
- ☐ 1 cup cremini mushrooms chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup raisins
- ☐ 0.3 onion red finely chopped

- ☐ 0.3 cup sunflower seed kernels
- ☐ 0.3 cup sugar white

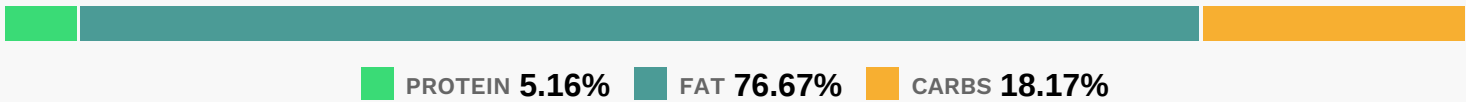
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon slices on a paper towel-lined plate; crumble bacon.
- ☐ Combine broccoli, red onion, raisins, mushrooms, sunflower seeds, and crumbled bacon in a large bowl.
- ☐ Mix mayonnaise, sugar, vinegar, salt, and black pepper in a bowl until well blended.
- ☐ Pour mayonnaise mixture over vegetables; toss to coat.

Nutrition Facts



Properties

Glycemic Index:41.24, Glycemic Load:7.14, Inflammation Score:-5, Nutrition Score:12.753478117611%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 318.46kcal (15.92%), Fat: 27.69g (42.61%), Saturated Fat: 4.99g (31.18%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 12.78g (4.65%), Sugar: 7.6g (8.45%), Cholesterol: 19.02mg (6.34%), Sodium: 268.32mg (11.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin K: 92.23µg (87.84%), Vitamin C: 41.14mg (49.87%), Vitamin E: 2.8mg (18.64%), Selenium: 8.64µg (12.35%), Manganese: 0.24mg (11.83%), Folate: 42.63µg

(10.66%), Phosphorus: 95.19mg (9.52%), Vitamin B1: 0.14mg (9.52%), Vitamin B6: 0.19mg (9.51%), Copper: 0.17mg (8.49%), Potassium: 286.45mg (8.18%), Vitamin B2: 0.14mg (8.06%), Fiber: 1.99g (7.96%), Vitamin B3: 1.48mg (7.4%), Magnesium: 27.73mg (6.93%), Vitamin A: 308.44IU (6.17%), Vitamin B5: 0.56mg (5.6%), Iron: 0.84mg (4.67%), Zinc: 0.68mg (4.57%), Calcium: 32.02mg (3.2%), Vitamin B12: 0.1µg (1.63%)