



## New Southern Broccoli Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

### Ingredients

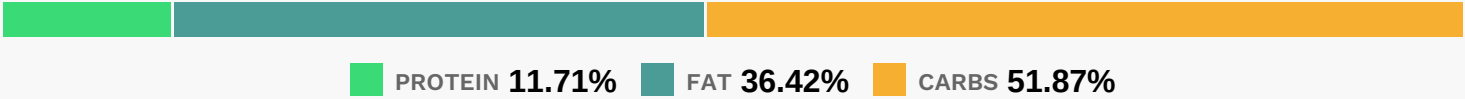
- ☐ 16 ounce broccoli slaw
- ☐ 3 bacon crumbled cooked reduced-fat
- ☐ 0.7 cup golden raisins
- ☐ 0.5 cup mayonnaise light
- ☐ 2 tablespoons onion chopped
- ☐ 0.3 teaspoon salt

### Equipment

# Directions

☐ Combine all ingredients, tossing well. Cover and chill at least 1 hour.

# Nutrition Facts



# Properties

Glycemic Index:20.92, Glycemic Load:10.45, Inflammation Score:-7, Nutrition Score:13.082173929266%

# Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

# Nutrients (% of daily need)

Calories: 201.45kcal (10.07%), Fat: 8.84g (13.59%), Saturated Fat: 1.79g (11.16%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 27.26g (9.91%), Sugar: 15.51g (17.24%), Cholesterol: 10.42mg (3.47%), Sodium: 511.42mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Vitamin C: 106.83mg (129.49%), Folate: 83.31µg (20.83%), Manganese: 0.34mg (17.21%), Potassium: 594.78mg (16.99%), Vitamin K: 15.9µg (15.14%), Vitamin B6: 0.3mg (14.85%), Phosphorus: 131.56mg (13.16%), Vitamin B2: 0.2mg (11.55%), Selenium: 7.37µg (10.52%), Magnesium: 39.73mg (9.93%), Vitamin A: 475.51IU (9.51%), Iron: 1.54mg (8.55%), Vitamin B3: 1.64mg (8.19%), Copper: 0.15mg (7.62%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.73mg (7.3%), Calcium: 70.82mg (7.08%), Zinc: 0.74mg (4.95%), Vitamin E: 0.67mg (4.46%), Fiber: 1.05g (4.21%), Vitamin B12: 0.07µg (1.09%)