



Pomegranate and Citrus Broccoli Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



9

CALORIES



113 kcal

SIDE DISH

Ingredients

- 0.5 cup salad dressing
- 0.3 cup orange juice
- 1 teaspoon sugar
- 0.5 teaspoon salt
- 1 Dash pepper
- 8 oz broccoli florets coarsely chopped
- 1 medium cranberry-orange relish peeled cut into bite-size chunks (1 cup)
- 0.8 cup cranberries dried sweetened (from 1 pomegranate)

0.3 cup roasted sunflower seeds salted

2 tablespoons onion red sliced

Equipment

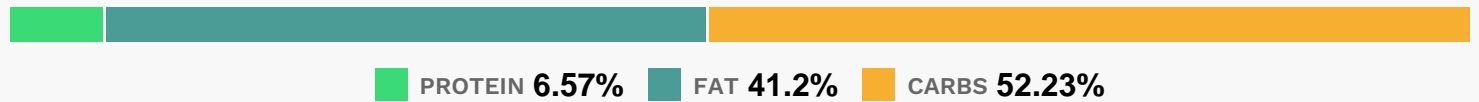
bowl

Directions

In large serving bowl, mix mayonnaise, orange juice, sugar, salt and pepper.

Add remaining ingredients; toss until well coated. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:1.63, Inflammation Score:-4, Nutrition Score:7.8317390732143%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 113.18kcal (5.66%), Fat: 5.56g (8.55%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 13.73g (4.99%), Sugar: 11.8g (13.12%), Cholesterol: 0mg (0%), Sodium: 304.47mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Vitamin C: 33.96mg (41.16%), Vitamin K: 33.97µg (32.35%), Vitamin E: 2.54mg (16.94%), Manganese: 0.2mg (9.85%), Folate: 34.43µg (8.61%), Fiber: 2.12g (8.5%), Phosphorus: 80.22mg (8.02%), Selenium: 4.96µg (7.08%), Copper: 0.12mg (6.11%), Vitamin B5: 0.57mg (5.66%), Vitamin B6: 0.11mg (5.5%), Potassium: 163.25mg (4.66%), Vitamin A: 208.78IU (4.18%), Vitamin B1: 0.06mg (3.85%), Magnesium: 15.16mg (3.79%), Vitamin B2: 0.05mg (3.23%), Iron: 0.51mg (2.81%), Zinc: 0.4mg (2.67%), Calcium: 26.02mg (2.6%), Vitamin B3: 0.51mg (2.56%)