

Raw Broccoli Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 4 cups broccoli florets
- ☐ 2 tablespoons cider vinegar
- ☐ 2 tablespoons mayonnaise light
- ☐ 2 tablespoons splenda® no calorie sweetener
- ☐ 3 tablespoons raisins seedless
- ☐ 0.3 cup onion red minced
- ☐ 2 tablespoons sunflower seeds salted

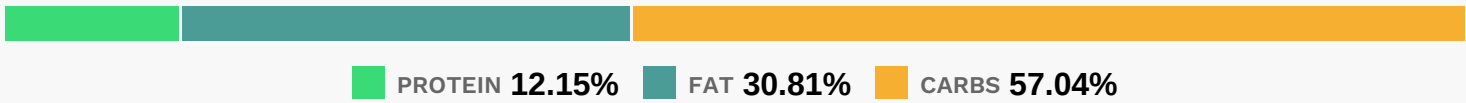
Equipment

☐ mixing bowl

Directions

- ☐ Discard broccoli stems and finely chop florets or broccolini. Set aside.
- ☐ Place remaining ingredients in a medium mixing bowl.
- ☐ Mix well.
- ☐ Add broccoli florets or broccolini. Toss until coated. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:37.97, Glycemic Load:4.63, Inflammation Score:-6, Nutrition Score:11.0495649939%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 80.48kcal (4.02%), Fat: 3.02g (4.65%), Saturated Fat: 0.39g (2.47%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.1g (3.67%), Sugar: 2.39g (2.66%), Cholesterol: 0.75mg (0.25%), Sodium: 61.53mg (2.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin C: 55.06mg (66.74%), Vitamin K: 64.41µg (61.35%), Folate: 47.47µg (11.87%), Manganese: 0.23mg (11.69%), Vitamin E: 1.75mg (11.66%), Fiber: 2.49g (9.95%), Vitamin B6: 0.17mg (8.66%), Potassium: 289.95mg (8.28%), Vitamin A: 383.02IU (7.66%), Phosphorus: 70.7mg (7.07%), Vitamin B1: 0.1mg (6.95%), Magnesium: 26.83mg (6.71%), Copper: 0.12mg (5.81%), Vitamin B2: 0.1mg (5.78%), Selenium: 3.49µg (4.98%), Iron: 0.84mg (4.68%), Vitamin B5: 0.4mg (4%), Vitamin B3: 0.76mg (3.79%), Calcium: 35.38mg (3.54%), Zinc: 0.45mg (2.97%)