



Red Broccoli Salad



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



532 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds bacon
- ☐ 0.8 cup blanched slivered almonds
- ☐ 1 large head broccoli fresh chopped
- ☐ 0.8 cup celery chopped
- ☐ 1.5 cups grapes seedless halved
- ☐ 0.3 cup green onions minced
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup onion diced red

- ☐ 2 tablespoons distilled vinegar white
- ☐ 0.3 cup sugar white

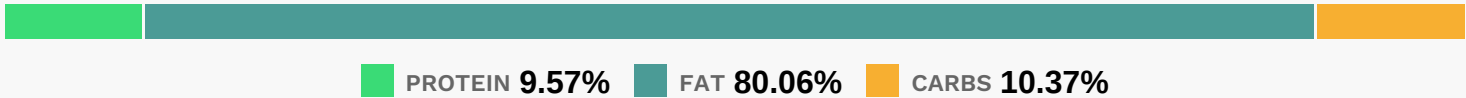
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place bacon in a large skillet. Cook, turning frequently, over medium high heat until evenly browned. Cool, and then crumble.
- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Spread slivered almonds on a cookie sheet.
- ☐ Bake for approximately 12 to 14 minutes or until lightly browned, turning once during toasting. Cool.
- ☐ In a small bowl, mix together mayonnaise, sugar, and vinegar. Set aside.
- ☐ In a large bowl, combine broccoli, crumbled bacon, celery, green onions, red onions, grapes, and toasted almonds. Toss with mayonnaise dressing. Chill for several hours in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:5.24, Inflammation Score:-6, Nutrition Score:16.499130383782%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.58mg, Quercetin:

2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 531.66kcal (26.58%), Fat: 47.76g (73.48%), Saturated Fat: 12.58g (78.59%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 11.55g (4.2%), Sugar: 8.64g (9.6%), Cholesterol: 57.74mg (19.25%), Sodium: 642.99mg (27.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.69%), Vitamin K: 91.04µg (86.7%), Vitamin C: 46.63mg (56.52%), Selenium: 17.22µg (24.6%), Vitamin E: 3mg (20%), Phosphorus: 185.82mg (18.58%), Vitamin B1: 0.28mg (18.43%), Vitamin B3: 3.67mg (18.36%), Vitamin B6: 0.33mg (16.26%), Manganese: 0.27mg (13.45%), Potassium: 421.23mg (12.04%), Vitamin B2: 0.19mg (11.31%), Magnesium: 40.78mg (10.2%), Folate: 40.78µg (10.19%), Fiber: 2.37g (9.47%), Zinc: 1.36mg (9.09%), Vitamin A: 417.87IU (8.36%), Copper: 0.16mg (7.96%), Vitamin B5: 0.79mg (7.94%), Vitamin B12: 0.4µg (6.67%), Iron: 1.06mg (5.9%), Calcium: 51.9mg (5.19%), Vitamin D: 0.34µg (2.26%)