



## Spicy Broccoli-Mango Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 teaspoons sugar
- 0.3 teaspoon ground pepper red (cayenne)
- 0.5 cup cashew pieces
- 12 oz creme de cassis yoplait®
- 0.3 cup mayonnaise light
- 1 tablespoon apple cider vinegar
- 0.1 teaspoon salt
- 5 cups broccoli florets fresh (1 small bunch)

- 1.5 cups mangos diced ripe peeled
- 0.3 cup onion red finely chopped

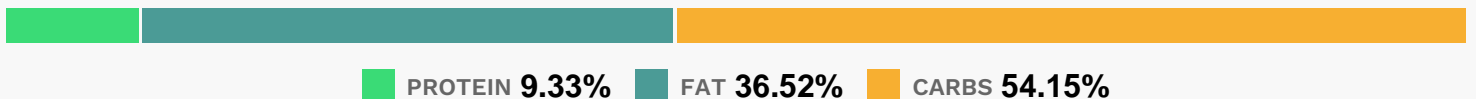
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Lightly spray 8-inch skillet with cooking spray.
- Add sugar and ground red pepper; mix well. Stir in pecans. Cook over low heat, stirring occasionally, until sugar mixture is melted and pecans are coated.
- Remove from heat; set aside to cool.
- In small bowl, mix dressing ingredients with wire whisk until smooth. In large bowl, mix salad ingredients.
- Add dressing to salad; toss gently to mix. Just before serving, stir in pecans. Cover and refrigerate any remaining salad.

## Nutrition Facts



## Properties

Glycemic Index:46.34, Glycemic Load:6.59, Inflammation Score:-8, Nutrition Score:16.509130477905%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg, Kaempferol: 6.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

## Nutrients (% of daily need)

Calories: 182.24kcal (9.11%), Fat: 7.94g (12.22%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 23.38g (8.5%), Sugar: 18.52g (20.58%), Cholesterol: 1.99mg (0.66%), Sodium: 185.34mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.13%), Vitamin C: 83.27mg (100.93%), Vitamin K: 89.52µg (85.26%), Manganese: 0.39mg (19.41%), Vitamin A: 962.29IU (19.25%), Folate: 70.05µg (17.51%), Copper: 0.33mg (16.46%), Magnesium: 53.18mg (13.29%), Fiber: 3.12g (12.49%), Phosphorus: 123.82mg (12.38%), Vitamin B6: 0.24mg (11.85%), Potassium: 397.61mg (11.36%), Vitamin E: 1.36mg (9.05%), Iron: 1.41mg (7.84%), Vitamin B1: 0.12mg (7.68%), Zinc: 1.03mg (6.88%), Vitamin B2: 0.11mg (6.69%), Selenium: 4.67µg (6.66%), Vitamin B5: 0.62mg (6.24%), Calcium: 49.63mg (4.96%), Vitamin B3: 0.89mg (4.45%)