



## Spicy Broccoli-Mango Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 5 cups broccoli florets fresh (1 small bunch)
- 1 tablespoon apple cider vinegar
- 0.3 teaspoon ground pepper red (cayenne)
- 0.3 cup mayonnaise light
- 1.5 cups mangos diced ripe peeled
- 0.5 cup pecans
- 0.3 cup onion red finely chopped
- 0.1 teaspoon salt

- 4 teaspoons sugar
- 12 oz yogurt yoplait®

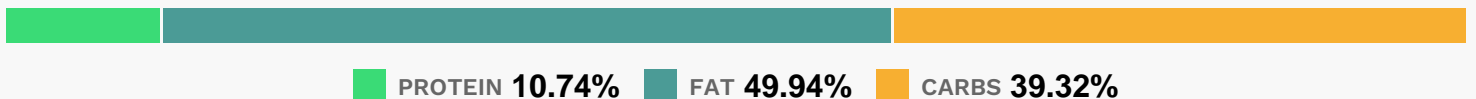
## Equipment

- 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:46.97, Glycemic Load:6.39, Inflammation Score:-8, Nutrition Score:17.299130476039%

## Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg 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

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: 185.47kcal (9.27%), Fat: 11.01g (16.94%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 15.95g (5.8%), Sugar: 13.32g (14.8%), Cholesterol: 9.36mg (3.12%), Sodium: 203.33mg (8.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin C: 83.59mg (101.32%), Vitamin K: 86.26µg (82.15%), Manganese: 0.58mg (28.82%), Vitamin A: 1023.04IU (20.46%), Folate: 73.15µg (18.29%), Fiber: 3.56g (14.24%), Phosphorus: 136.79mg (13.68%), Potassium: 447.8mg (12.79%), Calcium: 117.19mg (11.72%), Vitamin B2: 0.2mg (11.69%), Vitamin B6: 0.23mg (11.38%), Copper: 0.19mg (9.64%), Magnesium: 38mg (9.5%), Vitamin E: 1.41mg (9.41%), Vitamin B1: 0.14mg (9.37%), Vitamin B5: 0.82mg (8.23%), Zinc: 1.08mg (7.2%), Selenium: 4.09µg (5.84%), Iron: 0.9mg (5.01%), Vitamin B3: 0.92mg (4.58%), Vitamin B12: 0.21µg (3.5%)