

Spring Salad

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



501 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 slices bacon
- 0.5 cup blanched slivered almonds
- 2 heads broccoli fresh
- 1 cup celery chopped
- 1 cup grapes green seedless
- 0.5 cup green onions chopped
- 1 cup mayonnaise
- 0.5 cup raisins

- 1 cup grapes red seedless
- 0.3 cup sugar white
- 1 tablespoon citrus champagne vinegar

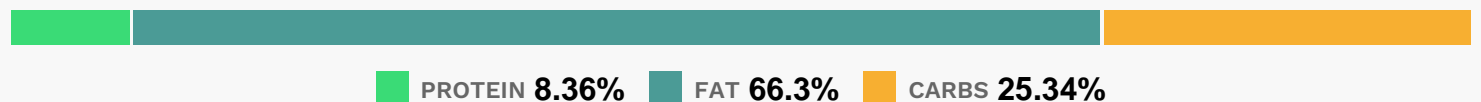
Equipment

- bowl
- frying pan
- whisk

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- In a large salad bowl, toss together the bacon, broccoli, celery, green onions, green grapes, red grapes, raisins and almonds.
- Whisk together the mayonnaise, vinegar and sugar.
- Pour dressing over salad and toss to coat. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:45.86, Glycemic Load:13.36, Inflammation Score:-9, Nutrition Score:23.144782626111%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 12.03mg, Kaempferol: 12.03mg, Kaempferol: 12.03mg, Kaempferol: 12.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 500.57kcal (25.03%), Fat: 38.31g (58.94%), Saturated Fat: 8.15g (50.92%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 27g (9.82%), Sugar: 15.46g (17.18%), Cholesterol: 33.54mg (11.18%), Sodium: 462.31mg (20.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.73%), Vitamin K: 222.83µg (212.22%), Vitamin

C: 138.86mg (168.31%), Folate: 110.04µg (27.51%), Vitamin E: 3.99mg (26.59%), Manganese: 0.52mg (26.19%), Fiber: 5.94g (23.76%), Potassium: 793.54mg (22.67%), Vitamin A: 1121.76IU (22.44%), Vitamin B6: 0.43mg (21.32%), Phosphorus: 206.03mg (20.6%), Vitamin B2: 0.31mg (18.48%), Vitamin B1: 0.26mg (17.13%), Selenium: 11.51µg (16.44%), Magnesium: 62.33mg (15.58%), Vitamin B3: 2.78mg (13.9%), Copper: 0.25mg (12.43%), Vitamin B5: 1.18mg (11.82%), Iron: 2.03mg (11.25%), Calcium: 107.3mg (10.73%), Zinc: 1.34mg (8.93%), Vitamin B12: 0.2µg (3.31%), Vitamin D: 0.19µg (1.25%)