

Sunny Vegetable Salad

 **Gluten Free**

READY IN



15 min.

SERVINGS



16

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 cups broccoli florets fresh
- 5 cups cauliflower florets fresh
- 2 tablespoons apple cider vinegar
- 6 bacon crumbled cooked
- 1 cup mayonnaise
- 0.7 cup onion chopped
- 0.5 cup raisins
- 8 ounces cheddar cheese shredded

- 0.5 cup sugar
- 0.3 cup sunflower seeds

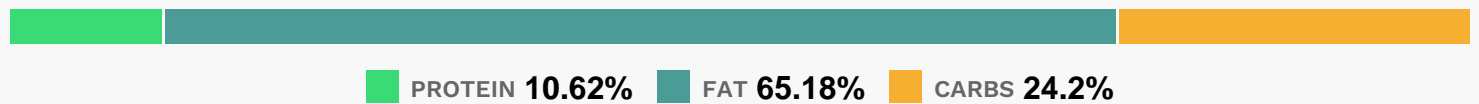
Equipment

- bowl

Directions

- In a large salad bowl, toss the broccoli, cauliflower, cheese, onion and raisins. In a small bowl, combine mayonnaise, sugar and vinegar.
- Pour over salad; toss to coat. Cover and refrigerate for 1 hour.
- Sprinkle with bacon and sunflower seeds.

Nutrition Facts



Properties

Glycemic Index:22.31, Glycemic Load:7.26, Inflammation Score:-5, Nutrition Score:10.993478238583%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 237.32kcal (11.87%), Fat: 17.67g (27.18%), Saturated Fat: 4.9g (30.6%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 12.79g (4.65%), Sugar: 7.79g (8.65%), Cholesterol: 23.02mg (7.67%), Sodium: 252.64mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin K: 57.04µg (54.32%), Vitamin C: 41.2mg (49.93%), Phosphorus: 131.32mg (13.13%), Calcium: 126.54mg (12.65%), Folate: 45.56µg (11.39%), Selenium: 7.96µg (11.37%), Vitamin E: 1.56mg (10.42%), Vitamin B6: 0.18mg (8.94%), Manganese: 0.18mg (8.88%), Vitamin B2: 0.14mg (8.4%), Fiber: 1.97g (7.86%), Potassium: 274.1mg (7.83%), Vitamin A: 330.59IU (6.61%), Vitamin B1: 0.1mg (6.48%), Zinc: 0.96mg (6.4%), Magnesium: 24.48mg (6.12%), Vitamin B5: 0.52mg (5.21%), Copper: 0.09mg (4.56%), Vitamin B3: 0.9mg (4.48%), Iron: 0.67mg (3.71%), Vitamin B12: 0.2µg (3.33%)