



Sunshine Broccoli-Bacon Salad

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups broccoli florets fresh
- 2 Tbsp heinz distilled vinegar white
- 3 Tbsp orange marmalade
- 0.5 cup onions red chopped
- 0.5 cup mayo reduced fat mayonnaise light kraft
- 6 slices oscar mayer selects uncured turkey bacon cut into 1/2-inch pieces

Equipment

- bowl

frying pan

Directions

- Cook and stir bacon in nonstick skillet on medium heat until done.
- Mix mayo, marmalade and vinegar until blended.
- Combine bacon with all remaining ingredients in large bowl.
- Add mayo mixture; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



PROTEIN 16.59% **FAT 45.07%** **CARBS 38.34%**

Properties

Glycemic Index:9.08, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:7.6921740342741%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 79.84kcal (3.99%), Fat: 4.2g (6.46%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 6.71g (2.44%), Sugar: 4.39g (4.88%), Cholesterol: 8.35mg (2.78%), Sodium: 255.27mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 41.32mg (50.08%), Vitamin K: 51.95µg (49.47%), Folate: 31.39µg (7.85%), Phosphorus: 65.86mg (6.59%), Vitamin A: 293.23IU (5.86%), Vitamin B6: 0.11mg (5.56%), Manganese: 0.11mg (5.36%), Fiber: 1.33g (5.33%), Potassium: 185.96mg (5.31%), Selenium: 3.26µg (4.66%), Vitamin B2: 0.07mg (4.3%), Vitamin E: 0.64mg (4.24%), Magnesium: 12.56mg (3.14%), Iron: 0.52mg (2.86%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.28mg (2.75%), Vitamin B3: 0.55mg (2.75%), Vitamin B1: 0.04mg (2.7%), Calcium: 26.16mg (2.62%), Copper: 0.04mg (2.09%)