



Sweet and Tangy Broccoli Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



501 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound bacon
- ☐ 2 heads broccoli cut into florets
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 cup mayonnaise
- ☐ 0.5 cup raisins
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 cup distilled vinegar white
- ☐ 0.5 cup sugar white

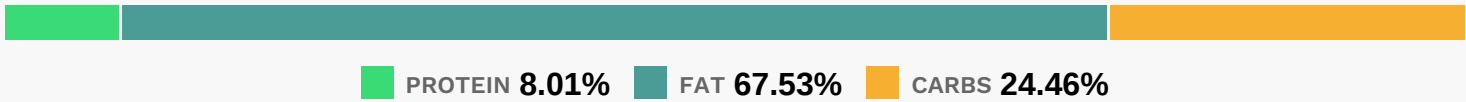
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place the bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon slices on a paper towel-lined plate; crumble bacon.
- ☐ Place broccoli, onion, raisins, and bacon in a large bowl.
- ☐ Stir mayonnaise, sugar, and vinegar together in a bowl; pour dressing over broccoli mixture and toss to coat. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:39.99, Glycemic Load:14.81, Inflammation Score:-8, Nutrition Score:20.78217393419%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 11.98mg, Kaempferol: 11.98mg, Kaempferol: 11.98mg, Kaempferol: 11.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 501.48kcal (25.07%), Fat: 38.49g (59.21%), Saturated Fat: 9.13g (57.03%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 26.6g (9.67%), Sugar: 15.65g (17.39%), Cholesterol: 39.83mg (13.28%), Sodium: 512.87mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Vitamin K: 200.88µg (191.32%), Vitamin C: 136.81mg (165.83%), Folate: 99.35µg (24.84%), Vitamin B6: 0.41mg (20.53%), Vitamin A: 981.64IU (19.63%), Manganese: 0.38mg (19.25%), Fiber: 4.76g (19.05%), Selenium: 13.26µg (18.94%), Potassium: 661.38mg (18.9%), Phosphorus: 177.93mg (17.79%), Vitamin B1: 0.24mg (16.2%), Vitamin E: 2.29mg (15.27%), Vitamin B2: 0.24mg (14.08%), Vitamin B3: 2.8mg (13.98%), Vitamin B5: 1.17mg (11.73%), Magnesium: 41.35mg (10.34%), Iron: 1.62mg (9%), Calcium: 82.17mg (8.22%), Zinc: 1.2mg (8.03%), Copper: 0.13mg (6.6%), Vitamin B12: 0.25µg (4.1%),

Vitamin D: 0.23µg (1.51%)