



Sweet Broccoli Slaw Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 ounce broccoli slaw
- ☐ 2 tablespoons apple cider vinegar
- ☐ 4 bacon crumbled cooked
- ☐ 1 cup mayonnaise
- ☐ 1 small onion red chopped
- ☐ 0.5 cup sugar
- ☐ 0.5 cup cranberries dried sweetened

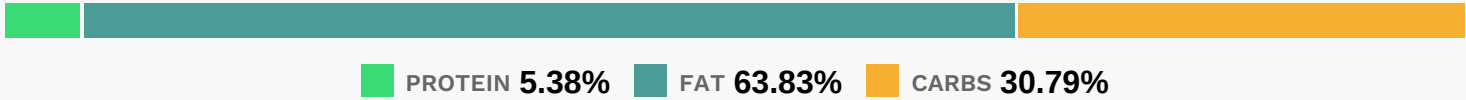
Equipment

☐ bowl

Directions

- ☐ Rinse broccoli slaw mix with cold water; drain well.
- ☐ Stir together mayonnaise, sugar, and vinegar in a large bowl; add slaw, onion, and dried cranberries, tossing gently to coat. Cover and chill 8 hours.
- ☐ Sprinkle with bacon and, if desired, pecans just before serving.
- ☐ Note: For testing purposes only, we used Craisins for sweetened dried cranberries.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:9.1, Inflammation Score:-6, Nutrition Score:11.717391354882%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 310.68kcal (15.53%), Fat: 22.78g (35.05%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 24.09g (8.76%), Sugar: 18.73g (20.81%), Cholesterol: 15.72mg (5.24%), Sodium: 269.2mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.65%), Vitamin C: 80.3mg (97.33%), Vitamin K: 46.27µg (44.07%), Folate: 64.4µg (16.1%), Manganese: 0.25mg (12.26%), Potassium: 328.74mg (9.39%), Vitamin B6: 0.18mg (8.91%), Phosphorus: 82.43mg (8.24%), Selenium: 5.42µg (7.74%), Vitamin E: 1.1mg (7.31%), Vitamin B2: 0.12mg (7.3%), Vitamin A: 360.15IU (7.2%), Magnesium: 24.65mg (6.16%), Vitamin B1: 0.09mg (5.85%), Vitamin B5: 0.58mg (5.81%), Iron: 0.92mg (5.1%), Vitamin B3: 1.02mg (5.1%), Calcium: 47.74mg (4.77%), Zinc: 0.54mg (3.59%), Copper: 0.06mg (2.96%), Fiber: 0.64g (2.54%), Vitamin B12: 0.08µg (1.29%)