



Sweet-Sour Broccoli Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



380 kcal

SIDE DISH

Ingredients

- 4 cups broccoli florets
- 2 tablespoons apple cider vinegar
- 1 cup mayonnaise
- 0.5 cup onion chopped
- 1 cup peanuts
- 1 cup raisins
- 2 tablespoons sugar

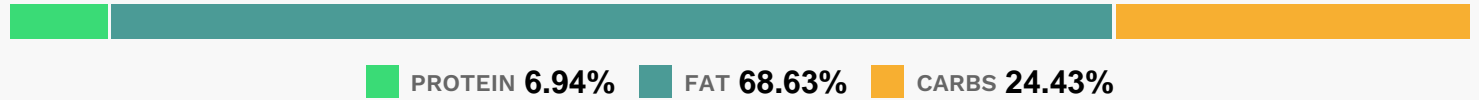
Equipment

bowl

Directions

In a bowl, combine the broccoli, peanuts, raisins and onion. In a small bowl, combine the mayonnaise, vinegar and sugar; pour over vegetables and toss to coat. Cover and refrigerate for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:10.79, Inflammation Score:-6, Nutrition Score:15.186956309754%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 379.88kcal (18.99%), Fat: 30.28g (46.59%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 19.93g (7.25%), Sugar: 4.37g (4.85%), Cholesterol: 11.76mg (3.92%), Sodium: 202.52mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Vitamin K: 92.09µg (87.7%), Vitamin C: 42.3mg (51.28%), Manganese: 0.65mg (32.5%), Folate: 76.31µg (19.08%), Fiber: 4.32g (17.28%), Vitamin B3: 3.41mg (17.05%), Potassium: 452.09mg (12.92%), Magnesium: 50.77mg (12.69%), Copper: 0.25mg (12.55%), Phosphorus: 123.51mg (12.35%), Vitamin B1: 0.18mg (12.21%), Vitamin B6: 0.19mg (9.57%), Iron: 1.6mg (8.91%), Vitamin E: 1.28mg (8.5%), Vitamin B2: 0.12mg (7.03%), Vitamin B5: 0.65mg (6.52%), Vitamin A: 301.86IU (6.04%), Calcium: 50.64mg (5.06%), Selenium: 3.28µg (4.68%), Zinc: 0.67mg (4.45%)