



Tangy Broccoli Salad

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



68 kcal

SIDE DISH

Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 6 cups broccoli florets
- 2 Tbsp heinz distilled vinegar white
- 0.8 cup miracle whip dressing light
- 0.5 cup onions red chopped
- 2 Tbsp sugar

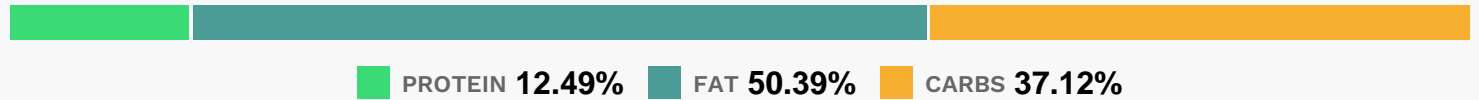
Equipment

- bowl

Directions

- Mix first 3 ingredients until blended.
- Combine remaining ingredients in large bowl.
- Add dressing mixture; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.94, Glycemic Load:1.7, Inflammation Score:-4, Nutrition Score:5.9273914403242%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 68.43kcal (3.42%), Fat: 3.98g (6.13%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 5.32g (1.93%), Sugar: 3.76g (4.17%), Cholesterol: 6.96mg (2.32%), Sodium: 171.01mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin C: 32.86mg (39.83%), Vitamin K: 37.15µg (35.38%), Folate: 23.95µg (5.99%), Fiber: 1.28g (5.12%), Vitamin A: 238.93IU (4.78%), Vitamin B6: 0.09mg (4.68%), Manganese: 0.09mg (4.27%), Potassium: 146.55mg (4.19%), Phosphorus: 38.96mg (3.9%), Selenium: 2.72µg (3.89%), Vitamin B1: 0.05mg (3.51%), Vitamin B2: 0.05mg (3.03%), Vitamin B3: 0.59mg (2.96%), Vitamin B5: 0.26mg (2.64%), Magnesium: 9.25mg (2.31%), Vitamin E: 0.32mg (2.15%), Calcium: 19.67mg (1.97%), Iron: 0.33mg (1.83%), Zinc: 0.26mg (1.75%), Copper: 0.02mg (1.19%)