



## Tangy Tropical Broccoli Salad

 **Gluten Free**  **Dairy Free**

READY IN



**80 min.**

SERVINGS



**12**

CALORIES



**110 kcal**

**SIDE DISH**

### Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 6 cups broccoli florets fresh
- 2 Tbsp heinz distilled vinegar white
- 0.8 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.8 cup pineapple fresh chopped
- 0.3 cup onions red chopped
- 2 Tbsp sugar

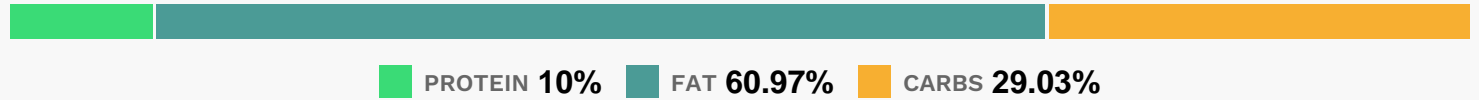
### Equipment

bowl

## Directions

- Mix first 3 ingredients in large bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.81, Glycemic Load:2.78, Inflammation Score:-5, Nutrition Score:8.4247826480347%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## Nutrients (% of daily need)

Calories: 109.74kcal (5.49%), Fat: 7.67g (11.79%), Saturated Fat: 2g (12.5%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 6.81g (2.48%), Sugar: 4.47g (4.97%), Cholesterol: 9.5mg (3.17%), Sodium: 203.97mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin C: 45.84mg (55.57%), Vitamin K: 54.02µg (51.45%), Manganese: 0.2mg (10.03%), Folate: 31.93µg (7.98%), Vitamin B6: 0.13mg (6.3%), Vitamin A: 303.41IU (6.07%), Fiber: 1.4g (5.61%), Selenium: 3.77µg (5.38%), Potassium: 187.72mg (5.36%), Phosphorus: 50.18mg (5.02%), Vitamin B1: 0.07mg (4.93%), Vitamin E: 0.71mg (4.75%), Vitamin B3: 0.79mg (3.96%), Vitamin B2: 0.07mg (3.94%), Vitamin B5: 0.36mg (3.57%), Magnesium: 12.86mg (3.22%), Calcium: 25.31mg (2.53%), Iron: 0.44mg (2.43%), Zinc: 0.35mg (2.31%), Copper: 0.04mg (2.15%)