



Toss-Together Broccoli Salad

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

Ingredients

- 8 bacon crispy crumbled cooked
- 3 cups broccoli florets fresh
- 6 tablespoons mayonnaise
- 1 cup onion finely chopped
- 0.5 cup raisins
- 1 cup cheddar cheese shredded
- 0.5 cup sunflower seeds
- 2 tablespoons sugar white

0.3 cup vinegar white

Equipment

bowl

whisk

plastic wrap

Directions

Mix the broccoli, Cheddar cheese, onion, bacon, sunflower seeds, and raisins in a large bowl.

Whisk mayonnaise, vinegar, and sugar together in a separate bowl; pour over the broccoli mixture and toss to coat.

Cover bowl with plastic wrap and refrigerate at least 1 hour before serving.

Nutrition Facts

PROTEIN 13.1% **FAT 63.62%** **CARBS 23.28%**

Properties

Glycemic Index:55.82, Glycemic Load:9.44, Inflammation Score:-7, Nutrition Score:18.21652179179%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 366.39kcal (18.32%), Fat: 26.64g (40.98%), Saturated Fat: 7.12g (44.48%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 18.52g (6.73%), Sugar: 6.33g (7.04%), Cholesterol: 35.27mg (11.76%), Sodium: 411.99mg (17.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Vitamin K: 69.79µg (66.47%), Vitamin C: 43.37mg (52.57%), Vitamin E: 4.93mg (32.89%), Selenium: 18.4µg (26.28%), Phosphorus: 251.53mg (25.15%), Manganese: 0.39mg (19.56%), Vitamin B1: 0.29mg (19.33%), Vitamin B6: 0.36mg (17.79%), Calcium: 175.73mg (17.57%), Folate: 64.1µg (16.02%), Magnesium: 60.78mg (15.19%), Copper: 0.29mg (14.56%), Vitamin B2: 0.23mg (13.72%), Fiber: 3.42g (13.67%), Vitamin B3: 2.52mg (12.58%), Zinc: 1.85mg (12.35%), Potassium: 425.25mg (12.15%), Vitamin A: 491.34IU (9.83%), Iron: 1.45mg (8.07%), Vitamin B5: 0.65mg (6.46%), Vitamin B12: 0.33µg (5.55%), Vitamin D: 0.18µg (1.22%)