



 **11%**
HEALTH SCORE

Tossed Broccoli Salad

 **Gluten Free**

READY IN



10 min.

SERVINGS



10

CALORIES



387 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon crumbled
- 2 pounds broccoli fresh trimmed cut into 1-inch pieces
- 2 tablespoons apple cider vinegar
- 1 cup mayonnaise
- 0.5 onion red chopped
- 8 ounces mozzarella cheese shredded
- 0.5 cup sugar

Equipment

bowl

Directions

In a large salad bowl, combine broccoli, bacon, cheese and onion. In a separate bowl, combine all dressing ingredients. Toss with broccoli mixture.

Nutrition Facts

 **PROTEIN 10.9%**  **FAT 71.37%**  **CARBS 17.73%**

Properties

Glycemic Index:24.61, Glycemic Load:8.48, Inflammation Score:-7, Nutrition Score:17.585652237353%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 7.15mg, Kaempferol: 7.15mg, Kaempferol: 7.15mg, Kaempferol: 7.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 387.11kcal (19.36%), Fat: 31.2g (48%), Saturated Fat: 8.72g (54.53%), Carbohydrates: 17.44g (5.81%), Net Carbohydrates: 14.99g (5.45%), Sugar: 12.13g (13.48%), Cholesterol: 42.29mg (14.1%), Sodium: 464.99mg (20.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Vitamin K: 129.59µg (123.42%), Vitamin C: 81.33mg (98.58%), Phosphorus: 179.36mg (17.94%), Calcium: 161.67mg (16.17%), Selenium: 11.29µg (16.13%), Folate: 60.91µg (15.23%), Vitamin A: 741.55IU (14.83%), Vitamin B6: 0.24mg (11.79%), Vitamin B2: 0.2mg (11.55%), Vitamin B12: 0.66µg (10.96%), Manganese: 0.22mg (10.82%), Vitamin E: 1.58mg (10.56%), Potassium: 363.71mg (10.39%), Fiber: 2.45g (9.81%), Vitamin B1: 0.14mg (9.24%), Zinc: 1.35mg (8.98%), Vitamin B3: 1.52mg (7.61%), Vitamin B5: 0.72mg (7.23%), Magnesium: 27.23mg (6.81%), Iron: 0.92mg (5.14%), Copper: 0.06mg (3.19%), Vitamin D: 0.23µg (1.51%)