



Vegetarian Bodacious Broccoli Salad

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 8 vegetarian bacon strips
- ☐ 1 head broccoli fresh chopped
- ☐ 1 small head cauliflower chopped
- ☐ 2 teaspoons ground pepper black
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup yogurt plain
- ☐ 0.5 large onion red chopped

- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sharp cheddar cheese shredded
- ☐ 2 tablespoons sugar white

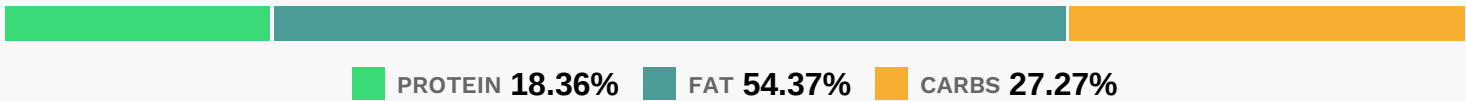
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes.
- ☐ Drain fat and crumble bacon.
- ☐ Mix broccoli, cauliflower, Cheddar cheese, onion, and crumbled bacon together in a large bowl.
- ☐ Whisk mayonnaise, yogurt, red wine vinegar, sugar, ground black pepper, salt, and lemon juice in a bowl until thick and creamy.
- ☐ Pour dressing over broccoli mixture and toss to combine. Cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:13.265652133071%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg

Kaempferol: 4.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 129.2kcal (6.46%), Fat: 8.1g (12.46%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 6.94g (2.52%), Sugar: 4.11g (4.57%), Cholesterol: 16.11mg (5.37%), Sodium: 442.8mg (19.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin C: 56.4mg (68.36%), Vitamin K: 59.36µg (56.53%), Vitamin B1: 0.59mg (39.65%), Calcium: 142.38mg (14.24%), Phosphorus: 132.74mg (13.27%), Folate: 49.21µg (12.3%), Vitamin B2: 0.17mg (9.89%), Manganese: 0.19mg (9.7%), Vitamin A: 470.22IU (9.4%), Fiber: 2.19g (8.78%), Vitamin B6: 0.17mg (8.73%), Selenium: 5.76µg (8.23%), Potassium: 268.24mg (7.66%), Vitamin B12: 0.36µg (5.94%), Zinc: 0.88mg (5.84%), Vitamin B5: 0.54mg (5.37%), Magnesium: 19.96mg (4.99%), Vitamin B3: 0.93mg (4.64%), Vitamin E: 0.66mg (4.43%), Iron: 0.76mg (4.2%), Copper: 0.05mg (2.35%)