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Bacon Broccoli Salad ♦

A delicious salad made with crispy bacon and fresh broccoli. Perfect for a summer barbecue or picnic.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	broccoli
100 g	bacon
100 g	mayonnaise
50 g	red onion
10 g	Sugar
30 ml	White Vinegar

5 g	Salt
2 g	Black pepper

Directions

Step 1

Frying

Cook the bacon until crispy. Let it cool and crumble it into small pieces.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blanching

Cut the broccoli into small florets and blanch them in boiling water for 2 minutes. Drain and rinse with cold water.

Prep Time: 5 mins

Cook Time: 2 mins

Step 3

Mixing

In a small bowl, mix together mayonnaise, sugar, white vinegar, salt, and black pepper to make the dressing.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the broccoli, crumbled bacon, and diced red onion. Pour the dressing over the salad and toss to coat evenly.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate the salad for at least 1 hour before serving to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	15 mg	0.44%	0.58%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Course

Salads Snacks Sauces & Dressings

Cooking Method

Steaming Simmering Cut Mixing Resting Plating Serving Cooking
None Stir-frying Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD) Irritable bowel syndrome (IBS)

Hepatitis

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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