



Broccoli Salad With Grapes & Bacon (AIP)

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

355.4 calories, 29.43 g carbohydrate, 8.57 g fiber, 20.86 g NET carbs, 11.38 g protein, 24.21 g fat

Ingredients

- 1/2 cup(s) organic red grapes, halved
- 4 slice(s) pastured bacon
- 1/2 small(s) red onion, diced
- 1 Tbsp apple cider vinegar
- 1 Tbsp lemon juice
- 1/4 tsp(s) sea salt
- 1 bunch(es) organic broccoli
- 2 Tbsp(s) avocado oil

Preparation

1. Chop broccoli into bite-sized florets; discard tough stems.
2. Mix avocado oil, apple cider vinegar, sea salt and lemon juice and toss with broccoli. Set aside to allow broccoli to marinate.
3. Cook the bacon in a sauté pan to desired crispness. Drain on paper towels and chop.
4. Mix broccoli salad with grapes, onion and chopped bacon. Taste to adjust salt and lemon. Serve.

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