



Andrea's Broccoli Slaw

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- 0.3 cup cheese blue crumbled to taste
- 1 cup broccoli florets chopped
- 0.5 head cabbage shredded
- 2 carrots grated
- 0.5 teaspoon celery salt
- 0.3 cup mayonnaise light
- 1 tablespoon olive oil
- 0.5 teaspoon onion powder

- 0.5 cup raisins
- 0.5 teaspoon pepper flakes red
- 2.5 teaspoons red wine vinegar
- 1 tablespoon mustard stone-ground
- 2 tablespoons sugar white to taste

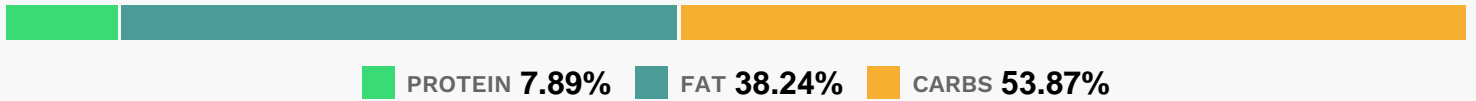
Equipment

- bowl

Directions

- Mix mayonnaise, blue cheese, sugar, olive oil, mustard, vinegar, red pepper flakes, onion powder, and celery salt together in a large bowl.
- Add cabbage, carrots, broccoli, and raisins; stir to coat. Chill in refrigerator at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:51.79, Glycemic Load:9.87, Inflammation Score:-10, Nutrition Score:14.383478384951%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 156.64kcal (7.83%), Fat: 7.08g (10.89%), Saturated Fat: 1.88g (11.78%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 18.57g (6.75%), Sugar: 8.16g (9.07%), Cholesterol: 6.21mg (2.07%), Sodium: 428.04mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Vitamin K: 84.1µg (80.1%), Vitamin A: 3668.35IU (73.37%), Vitamin C: 43.14mg (52.29%), Fiber: 3.87g (15.47%), Folate: 49.17µg (12.29%), Manganese: 0.23mg (11.63%), Potassium: 369.17mg (10.55%), Vitamin B6: 0.19mg (9.36%), Calcium: 81.01mg (8.1%), Phosphorus: 73.4mg (7.34%), Vitamin E: 1.06mg (7.08%), Vitamin B2: 0.11mg (6.32%), Vitamin B1: 0.09mg (6.16%), Iron: 0.98mg (5.42%), Magnesium: 21.6mg (5.4%), Vitamin B5: 0.42mg (4.23%), Selenium: 2.77µg (3.96%), Copper: 0.08mg (3.86%),

Vitamin B3: 0.7mg (3.5%), Zinc: 0.46mg (3.06%), Vitamin B12: 0.07µg (1.14%)