



## Apple-and-Parsnip Slaw

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



125 kcal

SIDE DISH

### Ingredients

- 2 tablespoons green onions sliced
- 1 Dash ground pepper red
- 0.3 cup buttermilk low-fat
- 2 cups coarsely parsnips shredded peeled
- 1.5 cups coarsely delicious apple shredded red
- 0.3 teaspoon salt
- 0.3 cup cup heavy whipping cream fat-free sour
- 0.5 teaspoon sugar

# Equipment

bowl

# Directions

- Combine first 5 ingredients in a bowl. Stir well; set aside.
- Combine parsnips, apple, and green onions in a bowl; toss well.
- Add buttermilk mixture; toss gently.
- Serve chilled or at room temperature.

# Nutrition Facts



**PROTEIN 7.66%**   **FAT 4.05%**   **CARBS 88.29%**

# Properties

Glycemic Index:72.7, Glycemic Load:8.84, Inflammation Score:-4, Nutrition Score:9.7217391262884%

# Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

# Nutrients (% of daily need)

Calories: 125.14kcal (6.26%), Fat: 0.6g (0.93%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 23.54g (8.56%), Sugar: 12.55g (13.95%), Cholesterol: 2.53mg (0.84%), Sodium: 260.56mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 29.65µg (28.24%), Manganese: 0.53mg (26.32%), Fiber: 5.96g (23.83%), Vitamin C: 18.93mg (22.94%), Folate: 66.99µg (16.75%), Potassium: 466.06mg (13.32%), Phosphorus: 107.41mg (10.74%), Vitamin E: 1.48mg (9.84%), Calcium: 85.88mg (8.59%), Magnesium: 33.81mg (8.45%), Vitamin B2: 0.12mg (7.28%), Vitamin B1: 0.11mg (7.15%), Copper: 0.13mg (6.61%), Vitamin B5: 0.63mg (6.28%), Vitamin B6: 0.12mg (5.97%), Zinc: 0.75mg (4.97%), Selenium: 3.04µg (4.35%), Iron: 0.67mg (3.73%), Vitamin B3: 0.73mg (3.63%), Vitamin A: 145.77IU (2.92%), Vitamin B12: 0.1µg (1.69%)