



Apple-and-Pear Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon brown sugar
- 12 ounce cabbage-and-carrot coleslaw
- 0.3 cup cider vinegar
- 2 cups apples i use 2 granny smith apples thinly sliced (1 large apple)
- 2 cups pears thinly sliced (1 large pear)
- 2 teaspoons poppy seeds
- 0.5 teaspoon salt

Equipment

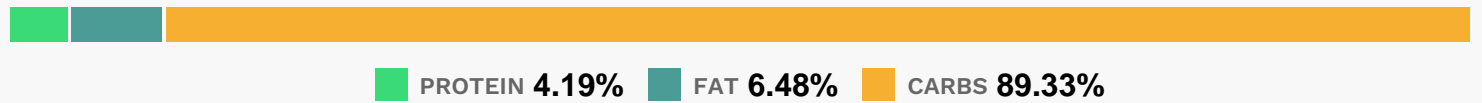
bowl

Directions

Combine first 5 ingredients in a small bowl; set aside.

Combine apple, pear, and coleslaw in a large bowl; stir in dressing. Chill up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:32.1, Glycemic Load:5.76, Inflammation Score:-10, Nutrition Score:8.9769565294618%

Flavonoids

Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg, Cyanidin: 1.76mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 90.65kcal (4.53%), Fat: 0.7g (1.08%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 17.26g (6.28%), Sugar: 14.26g (15.85%), Cholesterol: 0mg (0%), Sodium: 235.2mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin A: 9508.52IU (190.17%), Fiber: 4.47g (17.87%), Manganese: 0.23mg (11.28%), Vitamin K: 10.9µg (10.38%), Vitamin C: 7.58mg (9.19%), Potassium: 306.54mg (8.76%), Vitamin B6: 0.11mg (5.72%), Copper: 0.1mg (5%), Calcium: 43.27mg (4.33%), Magnesium: 16.94mg (4.23%), Folate: 16.63µg (4.16%), Phosphorus: 40.58mg (4.06%), Vitamin B1: 0.06mg (3.97%), Vitamin E: 0.53mg (3.55%), Vitamin B3: 0.69mg (3.47%), Vitamin B2: 0.06mg (3.46%), Iron: 0.46mg (2.55%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.29mg (1.94%)