



Autumn coleslaw



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 1 handful nigella seeds mixed (we used sunflower, linseed and pumpkin)
- ☐ 1 tablespoon tamari sauce
- ☐ 4 tbsp natural yogurt low-fat
- ☐ 3 tbsp mayonnaise
- ☐ 2 tbsp dijon mustard
- ☐ 3 tbsp flat-leaf parsley chopped
- ☐ 1 celery root grated julienned peeled
- ☐ 3 carrots grated julienned peeled

- ☐ 0.5 cabbage red very thinly sliced
- ☐ 2 eating apples thinly sliced

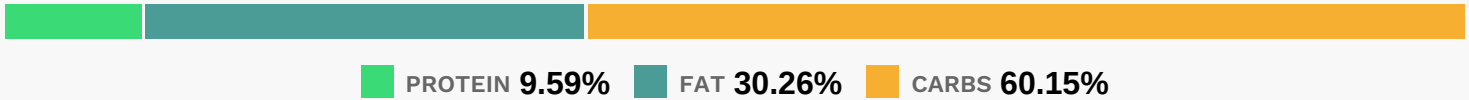
Equipment

- ☐ frying pan

Directions

- ☐ Heat a pan and add the seeds. Lightly toast on medium heat. When slightly brown, splash in tamari and toss seeds about.
- ☐ Pour out of the pan and reserve.
- ☐ Mix yogurt, mayo, mustard and parsley.
- ☐ Pour over veg and apples, toss through and season.
- ☐ Sprinkle over seeds and serve.

Nutrition Facts



Properties

Glycemic Index:68.71, Glycemic Load:10.86, Inflammation Score:-10, Nutrition Score:26.783478255505%

Flavonoids

Cyanidin: 221.49mg, Cyanidin: 221.49mg, Cyanidin: 221.49mg, Cyanidin: 221.49mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg 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 Apigenin: 10.12mg, Apigenin: 10.12mg, Apigenin: 10.12mg, Apigenin: 10.12mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 259.62kcal (12.98%), Fat: 9.37g (14.42%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 32.87g (11.95%), Sugar: 19.93g (22.14%), Cholesterol: 5.55mg (1.85%), Sodium: 638.48mg (27.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.37%), Vitamin A: 9124.88IU (182.5%), Vitamin K: 178.49µg (169.99%), Vitamin C: 83.64mg (101.39%), Fiber: 9.07g (36.28%), Manganese: 0.67mg (33.43%), Vitamin B6: 0.62mg (30.76%), Potassium: 1071.57mg (30.62%), Phosphorus: 290.94mg (29.09%), Calcium: 184.61mg (18.46%), Magnesium: 69.65mg (17.41%), Vitamin B2: 0.28mg (16.44%), Vitamin B1: 0.22mg (14.88%), Iron: 2.66mg (14.8%), Folate: 51.68µg (12.92%), Vitamin B3: 2.39mg (11.94%), Vitamin B5: 1.09mg (10.93%), Vitamin E: 1.56mg (10.39%), Copper: 0.2mg (9.86%), Zinc: 1.2mg (8.03%), Selenium: 5.3µg (7.57%), Vitamin B12: 0.12µg (2.07%)