



WHATSheATE



Beet, Carrot, and Fennel Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients



1 pound beets shredded peeled



1 tablespoon brown sugar



3 tablespoons canola oil



0.8 pound carrots shredded



1 small fennel bulb shredded



1 teaspoon ginger fresh minced



3 tablespoons juice of lemon fresh (1 lemon)



1.5 cups napa cabbage thinly sliced ()

- ☐ 6 servings pepper freshly ground to taste
- ☐ 6 servings salt to taste
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 2 teaspoons sesame oil
- ☐ 3 teaspoons sesame seed divided
- ☐ 1 tablespoon soya sauce

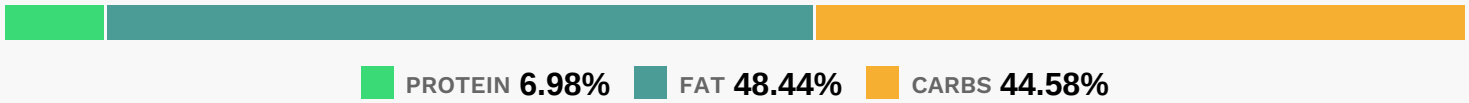
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Toss first 4 ingredients in a large bowl.
- ☐ Whisk together brown sugar, 2 teaspoons sesame seeds, and next 6 ingredients in a small bowl until well blended.
- ☐ Add salt and pepper.
- ☐ Pour dressing over vegetables, and toss until well coated.
- ☐ Sprinkle with remaining teaspoon of sesame seeds.

Nutrition Facts



Properties

Glycemic Index:55.81, Glycemic Load:6.02, Inflammation Score:-10, Nutrition Score:15.484347830648%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 162.81kcal (8.14%), Fat: 9.24g (14.21%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 13.79g (5.01%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 482.36mg (20.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Vitamin A: 9610.86IU (192.22%), Vitamin K: 45.61µg (43.44%), Folate: 121.8µg (30.45%), Manganese: 0.5mg (24.95%), Vitamin C: 19.78mg (23.97%), Fiber: 5.34g (21.35%), Potassium: 658.1mg (18.8%), Vitamin E: 1.91mg (12.75%), Vitamin B6: 0.21mg (10.52%), Magnesium: 39mg (9.75%), Phosphorus: 86.45mg (8.64%), Copper: 0.16mg (8.22%), Calcium: 77.94mg (7.79%), Iron: 1.37mg (7.61%), Vitamin B3: 1.31mg (6.56%), Vitamin B1: 0.08mg (5.6%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.62mg (4.14%), Vitamin B5: 0.41mg (4.09%), Selenium: 1.41µg (2.01%)