



## Bow-Tie Broccoli Slaw Salad - Kraft

 Vegetarian  Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup almonds skinless coarsely chopped
- 1 Tbsp heinz apple cider vinegar
- 16 oz broccoli slaw
- 3 cups farfalle pasta rinsed cooked (bow-tie pasta)
- 0.5 cup cranberries dried
- 3 green onions sliced
- 1 cup mayo with olive oil reduced fat mayonnaise kraft
- 2 tsp sugar

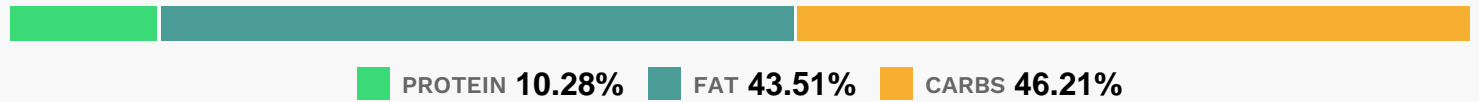
# Equipment

- bowl
- whisk

# Directions

- Combine pasta, slaw, cranberries and onions in large bowl.
- Whisk mayonnaise, vinegar and sugar until blended.
- Add to pasta mixture; mix lightly.
- Refrigerate 1 hour. Top with nuts before serving.

# Nutrition Facts



# Properties

Glycemic Index:20.06, Glycemic Load:5.07, Inflammation Score:-5, Nutrition Score:9.38869573759%

# Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

# Nutrients (% of daily need)

Calories: 179.6kcal (8.98%), Fat: 9.06g (13.94%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 19.79g (7.2%), Sugar: 6.61g (7.34%), Cholesterol: 3.58mg (1.19%), Sodium: 198.84mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Vitamin C: 42.96mg (52.08%), Manganese: 0.39mg (19.69%), Vitamin K: 19.94µg (18.99%), Vitamin E: 2.49mg (16.58%), Selenium: 10.46µg (14.94%), Folate: 40.71µg (10.18%), Magnesium: 37.69mg (9.42%), Phosphorus: 87.55mg (8.75%), Vitamin B2: 0.15mg (8.61%), Fiber: 1.86g (7.46%), Copper: 0.14mg (6.81%), Potassium: 234.38mg (6.7%), Iron: 1.17mg (6.51%), Vitamin B6: 0.1mg (5.1%),

Calcium: 47.76mg (4.78%), Vitamin A: 233.08IU (4.66%), Zinc: 0.6mg (3.99%), Vitamin B1: 0.05mg (3.66%), Vitamin B3: 0.73mg (3.63%), Vitamin B5: 0.34mg (3.4%)