



Broccoli and Celery Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 1 medium head broccoli thinly sliced chopped
- ☐ 4 celery stalks thinly sliced
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 lime zest juiced
- ☐ 0.5 cup mayonnaise

- ☐ 0.5 medium onion red thinly sliced
- ☐ 2 teaspoons sugar

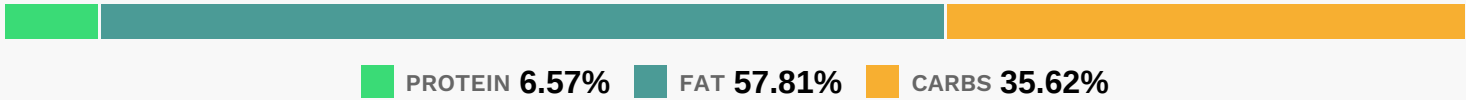
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Combine the broccoli, celery, and red onion in a large mixing bowl.
- ☐ To prepare the dressing, in a small bowl combine the mayonnaise, lime juice, zest, cumin, chili powder, sugar, salt and pepper.
- ☐ Whisk to combine.
- ☐ Pour the dressing over the vegetables and stir to combine. Cover and allow the slaw to sit for at least 30 minutes, tossing every so often to combine well. Top with raisins before serving.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:7.96, Inflammation Score:-8, Nutrition Score:15.898695712504%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 8.34mg, Kaempferol: 8.34mg, Kaempferol: 8.34mg, Kaempferol: 8.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 211.75kcal (10.59%), Fat: 14.5g (22.3%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 16.37g (5.95%), Sugar: 10.94g (12.16%), Cholesterol: 7.84mg (2.61%), Sodium: 159.19mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Vitamin K: 135.44µg (128.99%), Vitamin C: 94.8mg

(114.91%), Folate: 68.81µg (17.2%), Fiber: 3.73g (14.92%), Manganese: 0.29mg (14.4%), Vitamin A: 713.26IU (14.27%), Potassium: 453.38mg (12.95%), Vitamin B6: 0.24mg (12.01%), Vitamin E: 1.52mg (10.14%), Phosphorus: 91.49mg (9.15%), Vitamin B2: 0.15mg (9.06%), Magnesium: 28.61mg (7.15%), Iron: 1.24mg (6.87%), Vitamin B5: 0.67mg (6.75%), Calcium: 64.94mg (6.49%), Copper: 0.11mg (5.67%), Vitamin B1: 0.08mg (5.63%), Selenium: 3.2µg (4.58%), Vitamin B3: 0.86mg (4.28%), Zinc: 0.53mg (3.53%)