



Broccoli and Red Cabbage Slaw



Vegetarian



Vegan

READY IN



135 min.

SERVINGS



4

CALORIES



578 kcal

SIDE DISH

Ingredients

- ☐ 24 ounce broccoli slaw mix
- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 1 head cabbage thinly sliced
- ☐ 2 cups cranberries dried
- ☐ 0.3 cup red wine vinegar
- ☐ 1 cup roasted and sunflower seeds salted
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil

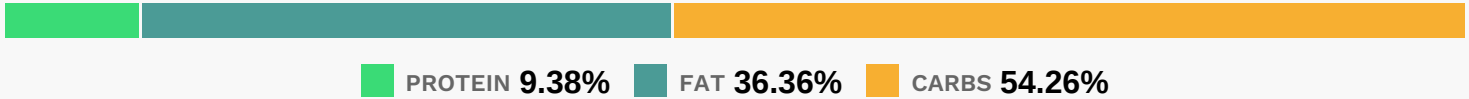
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine the broccoli slaw mix, dried cranberries, sunflower seeds and cabbage.
- ☐ In a small bowl, whisk together the vinegar, oil, brown sugar and salt.
- ☐ Add to the broccoli slaw mixture, tossing gently to coat. Cover and refrigerate up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:3.3, Inflammation Score:-9, Nutrition Score:40.621304387632%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 577.54kcal (28.88%), Fat: 25.6g (39.38%), Saturated Fat: 3.64g (22.78%), Carbohydrates: 85.93g (28.64%), Net Carbohydrates: 73.46g (26.71%), Sugar: 58.13g (64.59%), Cholesterol: 0mg (0%), Sodium: 631.16mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.73%), Vitamin C: 242.2mg (293.58%), Vitamin K: 190.68µg (181.6%), Vitamin E: 14.43mg (96.21%), Manganese: 1.63mg (81.45%), Folate: 297.41µg (74.35%), Phosphorus: 562.38mg (56.24%), Fiber: 12.46g (49.86%), Selenium: 32.61µg (46.59%), Vitamin B6: 0.84mg (42.24%), Vitamin B5: 3.87mg (38.74%), Copper: 0.77mg (38.59%), Potassium: 1147.23mg (32.78%), Magnesium: 116.4mg (29.1%), Iron: 4.38mg (24.34%), Vitamin B1: 0.36mg (24.33%), Vitamin B2: 0.4mg (23.81%), Calcium: 213.62mg (21.36%), Zinc: 2.92mg (19.44%), Vitamin A: 905.89IU (18.12%), Vitamin B3: 3.35mg (16.74%)