



Broccoli Cole Slaw

READY IN



20 min.

SERVINGS



12

CALORIES



171 kcal

SIDE DISH

Ingredients

- 0.3 cup apple cider vinegar
- 24 ounce broccoli cole slaw (in the bagged salad section of the grocery store)
- 0.3 cup brown white
- 0.8 stick butter
- 0.8 cup canola oil
- 12 servings green onions chopped for garnish
- 3 ounces ramen noodle soup in oriental (other flavors will work, too)
- 1 ramen noodle seasoning packet
- 0.3 cup slivered almonds

0.3 cup sunflower seeds

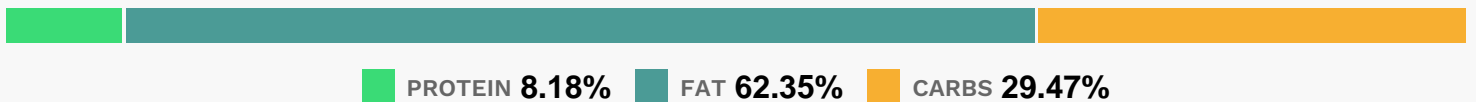
Equipment

- bowl
- frying pan
- whisk
- rolling pin

Directions

- Put the ramen noodles in a bag and crush them with a rolling pin while melting butter in a large skillet over low/medium heat.
- Add the crushed noodles and slivered almonds to the skillet and saute, stirring occasionally (keep temperature at low/medium heat). Meanwhile, whisk together all the dressing ingredients in a small bowl.
- Place the shredded broccoli into bowl and toss with the noodles, almonds, and sunflower seeds.
- Pour dressing over salad and toss to coat.
- Garnish with chopped green onions.

Nutrition Facts



Properties

Glycemic Index:22.84, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:9.7082608160765%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 170.73kcal (8.54%), Fat: 12.42g (19.11%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 12.33g (4.48%), Sugar: 4.61g (5.12%), Cholesterol: 15.18mg (5.06%), Sodium: 206.56mg (8.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin C: 54.03mg (65.5%), Vitamin E: 2.37mg (15.78%), Vitamin K: 15.83µg (15.08%), Folate: 59.84µg (14.96%), Manganese: 0.3mg (14.88%), Vitamin B1: 0.16mg (10.63%), Vitamin A: 466.79IU (9.34%), Magnesium: 32.77mg (8.19%), Phosphorus: 79.54mg (7.95%), Vitamin B2: 0.13mg (7.64%), Potassium: 254.48mg (7.27%), Vitamin B6: 0.14mg (7.08%), Iron: 1.15mg (6.37%), Selenium: 4.12µg (5.89%), Copper: 0.12mg (5.87%), Vitamin B3: 1mg (5.02%), Calcium: 45.24mg (4.52%), Vitamin B5: 0.38mg (3.78%), Zinc: 0.53mg (3.54%), Fiber: 0.88g (3.5%)