



Broccoli Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce broccoli slaw fresh
- ☐ 1 apples i use 2 granny smith apples diced
- ☐ 2 cranberry-orange relish peeled
- ☐ 1 cup onion
- ☐ 1 cup grapes red seedless halved

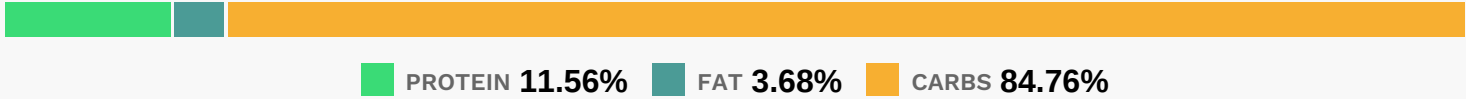
Equipment

- ☐ bowl

Directions

☐ Stir together first 5 ingredients in a large bowl. Top with chopped pecans, if desired.

Nutrition Facts



Properties

Glycemic Index:15.06, Glycemic Load:3.63, Inflammation Score:-5, Nutrition Score:7.0447825996772%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 58.55kcal (2.93%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 12.48g (4.54%), Sugar: 9.36g (10.4%), Cholesterol: 0mg (0%), Sodium: 13.69mg (0.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin C: 59.67mg (72.32%), Folate: 45.68µg (11.42%), Potassium: 281.68mg (8.05%), Manganese: 0.14mg (7.11%), Vitamin B6: 0.14mg (6.94%), Fiber: 1.68g (6.73%), Vitamin B1: 0.08mg (5.41%), Vitamin A: 268.73IU (5.37%), Vitamin B2: 0.09mg (5.11%), Magnesium: 18.16mg (4.54%), Phosphorus: 44.33mg (4.43%), Calcium: 40.76mg (4.08%), Copper: 0.08mg (3.76%), Vitamin B5: 0.35mg (3.52%), Vitamin K: 3.32µg (3.16%), Iron: 0.55mg (3.08%), Selenium: 1.56µg (2.23%), Vitamin B3: 0.45mg (2.23%), Zinc: 0.24mg (1.61%)