



Broccoli Slaw



Vegetarian



Gluten Free

READY IN



515 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli fresh
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 2 cups cabbage green chopped
- ☐ 0.8 teaspoon pepper
- ☐ 2 cups cabbage shredded red finely
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons salt
- ☐ 0.3 cup shallots minced

- ☐ 8 servings cream
- ☐ 0.8 cup bell pepper diced yellow

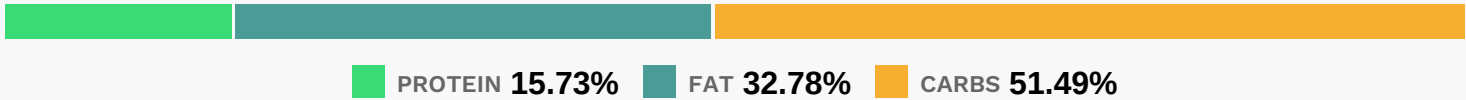
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Trim 1/2 inch from bottom of broccoli stem.
- ☐ Cut broccoli lengthwise into 4 pieces.
- ☐ Bring salt and 2 qt. water to a boil in a Dutch oven over high heat.
- ☐ Add broccoli, and cook 2 minutes or just until broccoli turns bright green. (Do not overcook.)
- ☐ Drain broccoli, and plunge into ice water to stop the cooking process.
- ☐ Let stand 1 to 2 minutes.
- ☐ Drain broccoli, and pat dry between paper towels. Chop broccoli florets and stems.
- ☐ Combine broccoli, green cabbage, and next 6 ingredients in a large bowl.
- ☐ Add 1 cup Mayo–Sour Cream Dressing, and toss to coat. Cover and chill 8 to 24 hours.
- ☐ Add additional dressing, if desired.
- ☐ Make–Ahead Tip: Make this easy and delicious winter salad 8 to 24 hours ahead to allow the flavors to meld.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:13.813478269007%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 4.87mg, Kaempferol: 4.87mg, Kaempferol: 4.87mg, Kaempferol: 4.87mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 65.14kcal (3.26%), Fat: 2.67g (4.1%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 6.58g (2.39%), Sugar: 3.37g (3.74%), Cholesterol: 7.08mg (2.36%), Sodium: 833.97mg (36.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.76%), Vitamin C: 98.49mg (119.38%), Vitamin K: 80.18µg (76.36%), Vitamin A: 949.43IU (18.99%), Manganese: 0.3mg (15.17%), Folate: 58.55µg (14.64%), Fiber: 2.85g (11.4%), Vitamin B6: 0.23mg (11.37%), Potassium: 356.63mg (10.19%), Vitamin B2: 0.12mg (7.23%), Phosphorus: 67.79mg (6.78%), Calcium: 67.49mg (6.75%), Magnesium: 23.95mg (5.99%), Iron: 1.05mg (5.86%), Vitamin B1: 0.08mg (5.19%), Vitamin B5: 0.49mg (4.94%), Vitamin E: 0.54mg (3.62%), Vitamin B3: 0.69mg (3.47%), Copper: 0.07mg (3.3%), Selenium: 2.19µg (3.13%), Zinc: 0.44mg (2.91%)