



Broccoli Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 2 small rome apples chopped
- ☐ 16 ounce broccoli slaw
- ☐ 0.3 cup cider vinegar
- ☐ 2 tablespoons brown sugar light
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil

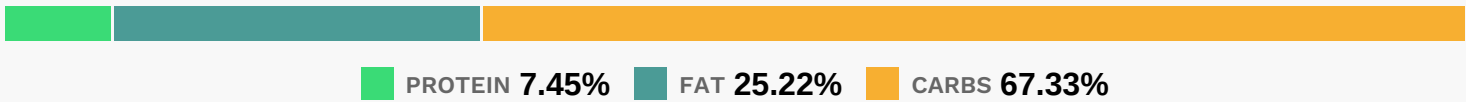
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 3 ingredients in a large bowl; gradually whisk in oil.
- ☐ Add broccoli slaw, apple, and raisins; toss well to coat. Cover and chill 3 hours.

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:5.21, Inflammation Score:-5, Nutrition Score:6.9682609257491%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 99.13kcal (4.96%), Fat: 3.04g (4.67%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 16.73g (6.08%), Sugar: 6.81g (7.57%), Cholesterol: 0mg (0%), Sodium: 164.77mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin C: 55.05mg (66.72%), Folate: 41.68µg (10.42%), Manganese: 0.19mg (9.4%), Potassium: 308.37mg (8.81%), Vitamin B6: 0.12mg (6.18%), Fiber: 1.51g (6.04%), Vitamin K: 5.83µg (5.55%), Vitamin B2: 0.09mg (5.51%), Vitamin A: 246.91IU (4.94%), Phosphorus: 49.03mg (4.9%), Magnesium: 19.4mg (4.85%), Iron: 0.82mg (4.54%), Vitamin B1: 0.05mg (3.56%), Calcium: 35.09mg (3.51%), Vitamin B5: 0.33mg (3.34%), Copper: 0.07mg (3.25%), Selenium: 1.8µg (2.57%), Vitamin B3: 0.5mg (2.5%), Vitamin E: 0.29mg (1.93%), Zinc: 0.26mg (1.75%)