



Broccoli Slaw Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 0.3 inch julienne-cut bell pepper red
- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce broccoli coleslaw
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon garlic cloves minced
- ☐ 1 green onion sliced
- ☐ 0.5 teaspoon kosher salt or
- ☐ 1 tablespoon olive oil

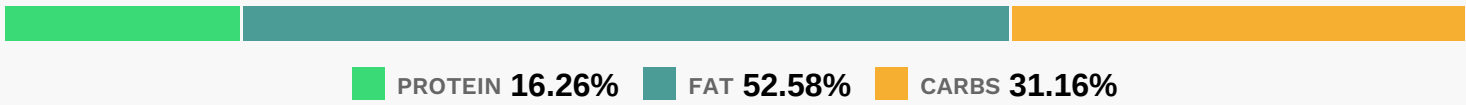
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Warm oil in a large, deep skillet over medium heat. When hot, add the garlic and cook, stirring 1 minute or until garlic is fragrant.
- ☐ Add the red bell pepper and onion; cook, stirring, 2 minutes.
- ☐ Add the broccoli coleslaw, salt, black pepper, and vinegar. Cook, stirring 4–5 minutes or until the slaw is tender but not mushy.
- ☐ Transfer mixture to a serving bowl, and sprinkle with grated cheese, if desired. Can be served warm or cold.

Nutrition Facts



Properties

Glycemic Index:33.2, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:7.2256522398928%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 47.01kcal (2.35%), Fat: 3.05g (4.69%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 251.79mg (10.95%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin C: 64.21mg (77.83%), Folate: 49.94µg (12.48%), Manganese: 0.2mg (9.91%), Potassium: 236.21mg (6.75%), Vitamin K: 6.83µg (6.51%), Vitamin A: 300.66IU (6.01%), Vitamin B6: 0.12mg (5.89%), Vitamin B2: 0.08mg (4.93%), Phosphorus: 47.38mg (4.74%), Magnesium: 18.13mg (4.53%), Iron: 0.68mg (3.8%), Vitamin B5: 0.37mg (3.71%), Calcium: 36.52mg (3.65%), Vitamin B1: 0.05mg (3.13%), Selenium: 2.15µg (3.07%), Vitamin E: 0.42mg (2.8%), Vitamin B3: 0.45mg (2.27%), Zinc: 0.29mg (1.95%), Copper: 0.04mg (1.82%)