



Broccoli Slaw with Candied Pecans



Vegetarian



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



491 kcal

SIDE DISH

Ingredients

- ☐ 1 pound broccoli fresh
- ☐ 0.5 cup golden raisins
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon lemon zest
- ☐ 1 cup mayonnaise
- ☐ 1 lb napa cabbage thinly sliced
- ☐ 3.5 oz pecans

- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

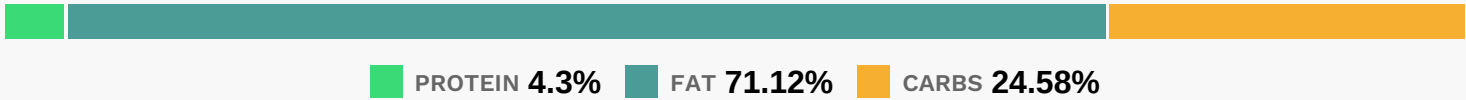
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Cut broccoli florets from stems; separate florets into small pieces using a paring knife. Peel away tough outer layer of stems; finely chop stems.
- ☐ Whisk together mayonnaise and next 6 ingredients in a large bowl; add cabbage, raisins, and broccoli, and stir to coat. Cover and chill 1 hour. Stir in pecans just before serving.
- ☐ *1 (16-oz.) package coleslaw mix may be substituted.

Nutrition Facts



Properties

Glycemic Index:52.46, Glycemic Load:14.71, Inflammation Score:-8, Nutrition Score:21.508260996445%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 6.44mg, Kaempferol: 6.44mg, Kaempferol: 6.44mg, Kaempferol: 6.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 490.82kcal (24.54%), Fat: 40.39g (62.13%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 26.18g (9.52%), Sugar: 21.68g (24.09%), Cholesterol: 15.68mg (5.23%), Sodium: 660.4mg (28.71%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.5g (10.99%), Vitamin K: 188.71µg (179.73%), Vitamin C: 90.54mg (109.75%), Manganese: 1.11mg (55.45%), Folate: 118.68µg (29.67%), Fiber: 5.22g (20.87%), Vitamin B6: 0.39mg (19.61%), Potassium: 614.92mg (17.57%), Vitamin A: 862.84IU (17.26%), Copper: 0.32mg (16.18%), Vitamin E: 2.22mg (14.82%), Phosphorus: 143.79mg (14.38%), Vitamin B1: 0.2mg (13.52%), Magnesium: 52.7mg (13.18%), Calcium: 122.43mg (12.24%), Vitamin B2: 0.19mg (11.04%), Iron: 1.7mg (9.45%), Zinc: 1.37mg (9.13%), Vitamin B5: 0.74mg (7.44%), Vitamin B3: 1.17mg (5.85%), Selenium: 4.04µg (5.78%)