



Broccoli Slaw with Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 16 ounce broccoli slaw mix
- ☐ 1 cup cranberries dried
- ☐ 2 gala apples chopped
- ☐ 0.5 teaspoon mustard seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 3 tablespoons vegetable oil

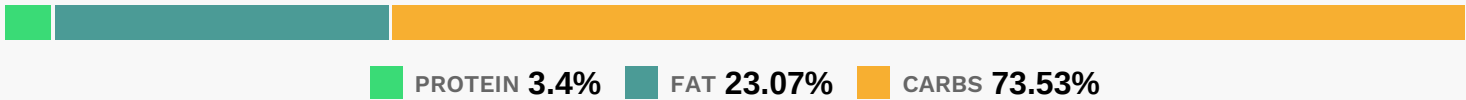
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine first 4 ingredients in a small saucepan. Bring to a boil; boil 1 minute or until sugar dissolves.
- ☐ Remove from heat, and cool; whisk in oil.
- ☐ Combine slaw mix, apples, and cranberries in a large bowl.
- ☐ Pour vinaigrette over broccoli slaw, and toss well. Cover and chill.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:14.8, Inflammation Score:-5, Nutrition Score:7.359999952109%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 207.56kcal (10.38%), Fat: 5.67g (8.72%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 38.74g (14.09%), Sugar: 34.52g (38.35%), Cholesterol: 0mg (0%), Sodium: 162.82mg (7.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin C: 54.98mg (66.64%), Manganese: 0.23mg (11.44%), Vitamin K: 11.54µg (10.99%), Folate: 41.93µg (10.48%), Fiber: 1.92g (7.67%), Potassium: 253.07mg (7.23%), Vitamin B6: 0.12mg (5.77%), Vitamin E: 0.83mg (5.51%), Vitamin B2: 0.09mg (5.15%), Vitamin A: 251.42IU (5.03%), Phosphorus: 46.39mg (4.64%), Magnesium: 18.5mg (4.63%), Iron: 0.67mg (3.73%), Vitamin B5: 0.37mg (3.65%), Calcium: 33.13mg (3.31%), Selenium: 2.31µg (3.3%), Vitamin B1: 0.05mg (3.2%), Copper: 0.05mg (2.56%), Vitamin B3: 0.5mg (2.48%), Zinc: 0.28mg (1.87%)