



WHATSheATE



Broccoli Slaw with Cranberry Orange Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons cranberries dried sweetened drained for 5 to 10 minutes, then
- ☐ 1 teaspoon grain mustard whole
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 tablespoon honey
- ☐ 1 small clove garlic
- ☐ 1 tablespoon orange juice
- ☐ 1 teaspoon orange zest

- ☐ 0.5 teaspoon kosher salt to taste
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 cup mayonnaise
- ☐ 4 cups broccoli stalks grated peeled (from 6 stalks of broccoli, or you may be able to buy already , packaged)
- ☐ 2 cups carrots grated (from 4 to 6 carrots)
- ☐ 2 cups cabbage shredded green red (Napa cabbage, , or cabbage)
- ☐ 1 cup green onions thinly sliced
- ☐ 0.5 cup cranberries dried sweetened coarsely chopped
- ☐ 1 teaspoon orange zest grated
- ☐ 0.5 teaspoon kosher salt to taste ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ peeler
- ☐ grater
- ☐ box grater

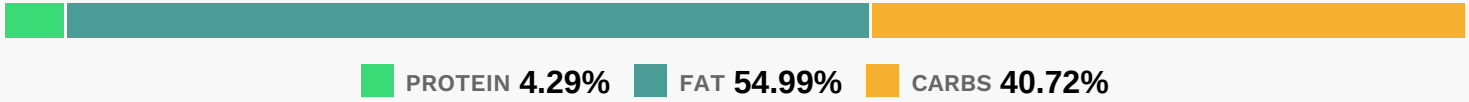
Directions

- ☐ *If using freshly broccoli stalks, cut them away from the broccoli crowns. Peel the tough outer layer with a vegetable peeler. Either use the grater blade of a food processor or the large holes of a box grater to grate the broccoli stalks.
- ☐ Put the balsamic and red wine vinegars, plumped dried cranberries, mustard, honey, garlic, orange juice, orange zest, and salt into a blender or a mini food processor and pulse until puréed smooth.
- ☐ Slowly add the oil, while pulsing or blending, to form a good emulsion. Then add the mayonnaise and pulse until blended.
- ☐ Toss grated broccoli, carrots, cabbage, onions, dried cranberries, zest with dressing:

- ☐
- Place grated broccoli stalks, carrots, cabbage, the onions, dried cranberries, orange zest, and Kosher salt into a bowl.

☐☐

Nutrition Facts



Properties

Glycemic Index:52.64, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:16.531304389886%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 193.2kcal (9.66%), Fat: 12.42g (19.11%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 17.19g (6.25%), Sugar: 14.32g (15.91%), Cholesterol: 2.94mg (0.98%), Sodium: 385.89mg (16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin A: 5773.19IU (115.46%), Vitamin K: 104.63µg (99.65%), Vitamin C: 51.81mg (62.8%), Fiber: 3.5g (14%), Vitamin E: 2.09mg (13.96%), Folate: 50.57µg (12.64%), Manganese: 0.24mg (11.78%), Potassium: 327.83mg (9.37%), Vitamin B6: 0.16mg (8.14%), Vitamin B2: 0.09mg (5.56%), Phosphorus: 54.67mg (5.47%), Calcium: 52.64mg (5.26%), Vitamin B1: 0.08mg (5.1%), Magnesium: 19.63mg (4.91%), Iron: 0.86mg (4.8%), Vitamin B5: 0.44mg (4.35%), Vitamin B3: 0.79mg (3.93%), Copper: 0.06mg (3.18%), Selenium: 1.78µg (2.55%), Zinc: 0.38mg (2.54%)