



Broccoli Slaw with Pineapple Curry Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

Ingredients

- 8 ounces broccoli slaw shredded (4 large broccoli stalks and 2 carrots,)
- 0.8 teaspoon curry powder (such as Maharajah)
- 0.5 cup pineapple sliced chopped
- 4 drops liquid stevia to taste
- 1 tablespoon peanut butter
- 0.3 cup pineapple juice
- 0.3 teaspoon pepper red
- 4 servings roasted peanuts for garnish, optional

2 tablespoons balsamic vinegar white

Equipment

bowl

whisk

Directions

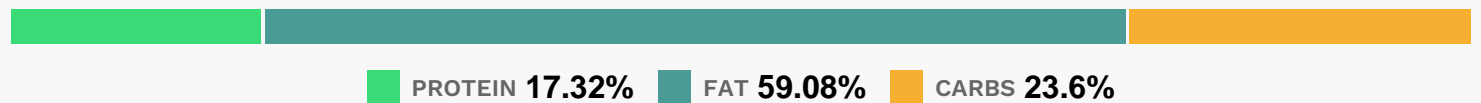
Place the broccoli slaw into a serving bowl.

Put the peanut butter into a small bowl and whisk in the pineapple juice.

Add the vinegar, curry powder, and red pepper flakes. Check the flavor and add stevia or other sweetener to taste.

Pour over broccoli slaw and mix well. Refrigerate for at least an hour to allow flavors to develop. Stir in grapes or pineapple just before serving, garnished with a sprinkling of roasted peanuts, if desired.

Nutrition Facts



Properties

Glycemic Index:43.42, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:14.797391132168%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 240.2kcal (12.01%), Fat: 17.07g (26.26%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 11.99g (4.36%), Sugar: 5.14g (5.71%), Cholesterol: 0mg (0%), Sodium: 166.96mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.52%), Vitamin C: 64.22mg (77.84%), Manganese: 1.19mg (59.46%), Vitamin B3: 5.53mg (27.67%), Folate: 88.48µg (22.12%), Magnesium: 77.68mg (19.42%), Phosphorus: 173.12mg (17.31%), Potassium: 498.47mg (14.24%), Copper: 0.28mg (13.99%), Fiber: 3.35g (13.39%), Vitamin B6: 0.23mg (11.47%), Vitamin B1: 0.16mg (10.91%), Iron: 1.55mg (8.6%), Vitamin B5: 0.82mg (8.17%), Calcium: 68.14mg (6.81%), Zinc: 1mg (6.64%), Vitamin B2: 0.11mg (6.62%), Selenium: 4.24µg (6.06%), Vitamin A: 280.26IU (5.61%), Vitamin E: 0.5mg (3.34%)