



WHATSheATE



Broccoli-Squash Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 12 ounce broccoli slaw
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 bell pepper red chopped

- ☐ 1 teaspoon salt
- ☐ 2 medium size to 3 sized squashes yellow thinly sliced cut in half lengthwise and

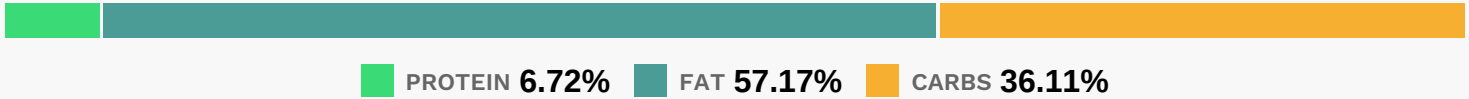
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a small bowl.
- ☐ Combine broccoli slaw, squash, and bell pepper in a large bowl.
- ☐ Add half of mayonnaise mixture (about 1/4 cup), tossing to coat. Cover and chill both slaw mixture and remaining mayonnaise mixture at least 2 hours or up to 24 hours.
- ☐ Drain slaw mixture, just before serving, discarding excess liquid; return to bowl.
- ☐ Add reserved half of mayonnaise mixture and pecans, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:60.07, Glycemic Load:10.32, Inflammation Score:-9, Nutrition Score:18.448260876148%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 303.46kcal (15.17%), Fat: 20.88g (32.13%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 26.52g (9.64%), Sugar: 21.62g (24.02%), Cholesterol: 5.88mg (1.96%), Sodium: 697.37mg (30.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Vitamin C: 137.21mg (166.32%), Manganese: 1.07mg (53.31%), Vitamin A: 1512.22IU (30.24%), Folate: 108.22µg (27.05%), Vitamin K: 28.15µg (26.81%), Vitamin B6: 0.48mg (23.8%), Potassium: 678.05mg (19.37%), Vitamin B2: 0.3mg (17.43%), Magnesium: 59.53mg (14.88%), Phosphorus: 143.81mg (14.38%), Vitamin B1: 0.21mg (14.13%), Copper: 0.27mg (13.62%), Fiber: 3.16g (12.62%), Iron: 1.72mg (9.57%), Zinc: 1.39mg (9.29%), Vitamin B5: 0.87mg (8.71%), Vitamin E: 1.27mg (8.47%), Vitamin B3: 1.51mg (7.56%), Calcium: 71.54mg (7.15%), Selenium: 3.81µg (5.45%)