



## Broccoli Stem and Carrot Slaw

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



383 kcal

SIDE DISH

### Ingredients

- 6 broccoli stems julienned peeled for something else (save the tops )
- 4 carrots julienned peeled
- 3 rib celery julienned
- 0.3 cup cider vinegar
- 0.5 cup cornichons julienned
- 0.3 cup dijon mustard
- 1 clove garlic smashed finely chopped
- 1 apples i use 2 granny smith apples julienned

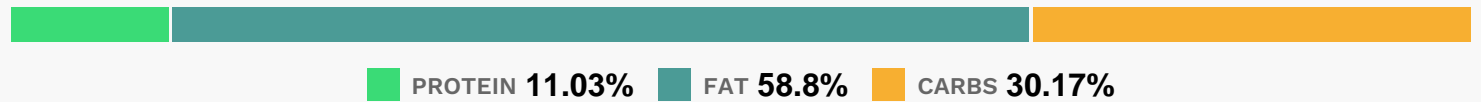
- 10 servings kosher salt
- 1.5 cups mayonnaise
- 1 onion red julienned

## Equipment

## Directions

- Watch how to make this recipe.
- Combine all the ingredients. Season with salt to make sure it is delicious.
- Let sit for at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:32.18, Glycemic Load:6.55, Inflammation Score:-10, Nutrition Score:32.851304308228%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.97mg, Luteolin: 2.97mg, Luteolin: 2.97mg, Luteolin: 2.97mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 28.76mg, Kaempferol: 28.76mg, Kaempferol: 28.76mg, Kaempferol: 28.76mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 14.91mg, Quercetin: 14.91mg, Quercetin: 14.91mg, Quercetin: 14.91mg

## Nutrients (% of daily need)

Calories: 382.77kcal (19.14%), Fat: 26.81g (41.25%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 19.8g (7.2%), Sugar: 10.11g (11.23%), Cholesterol: 14.11mg (4.7%), Sodium: 707.68mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.63%), Vitamin K: 434.36µg (413.67%), Vitamin C: 328.7mg (398.42%), Vitamin A: 6401.45IU (128.03%), Folate: 239.41µg (59.85%), Fiber: 11.16g (44.65%), Manganese: 0.87mg (43.57%), Potassium: 1290.61mg (36.87%), Vitamin B6: 0.7mg (35.22%), Vitamin E: 4.17mg (27.82%), Vitamin B2: 0.46mg (27.08%), Phosphorus: 270.37mg (27.04%), Vitamin B5: 2.26mg (22.63%), Magnesium: 85.59mg (21.4%), Vitamin B1: 0.3mg (19.94%), Calcium: 190.94mg (19.09%), Selenium: 12.14µg (17.34%), Iron: 3mg

(16.67%), Vitamin B3: 2.64mg (13.19%), Zinc: 1.68mg (11.19%), Copper: 0.22mg (10.91%)