



 **13%**
HEALTH SCORE

Brown Rice Slaw

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- 2 cups coleslaw mix
- 2 cups brown rice cooked
- 0.3 cup mayonnaise fat-free
- 0.3 cup orange juice concentrate thawed
- 0.3 cup pecans toasted chopped
- 0.3 teaspoon salt
- 1 teaspoon sugar
- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when chopped

Equipment

bowl

Directions

In a large bowl, combine the coleslaw mix, rice and apple. In a small bowl, combine the orange juice concentrate, mayonnaise, sugar and salt; pour over coleslaw mixture and toss to coat. Cover and refrigerate until serving. Stir in pecans.

Nutrition Facts



PROTEIN 6.45% **FAT 22.9%** **CARBS 70.65%**

Properties

Glycemic Index:26.04, Glycemic Load:6.97, Inflammation Score:-3, Nutrition Score:6.8995650903038%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 121.87kcal (6.09%), Fat: 3.2g (4.93%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 19.76g (7.18%), Sugar: 8.07g (8.96%), Cholesterol: 0.87mg (0.29%), Sodium: 153.21mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Manganese: 0.73mg (36.6%), Vitamin C: 24.65mg (29.88%), Vitamin K: 16.34µg (15.57%), Fiber: 2.49g (9.96%), Magnesium: 33.15mg (8.29%), Vitamin B1: 0.12mg (7.95%), Vitamin B6: 0.14mg (7.08%), Phosphorus: 61.72mg (6.17%), Potassium: 185.74mg (5.31%), Folate: 20.02µg (5%), Copper: 0.1mg (4.94%), Vitamin B3: 0.88mg (4.39%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.34mg (3.38%), Iron: 0.51mg (2.81%), Vitamin B2: 0.05mg (2.67%), Calcium: 20.75mg (2.07%), Vitamin A: 76.19IU (1.52%), Vitamin E: 0.19mg (1.26%)