

Brussels Sprout Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 2 tablespoons dijon mustard
- 2 tablespoons juice of lemon
- 1 tablespoon maple syrup pure
- 0.3 cup olive oil
- 0.5 cup pecans toasted chopped
- 0.5 cup raisins
- 4 servings salt and pepper to taste

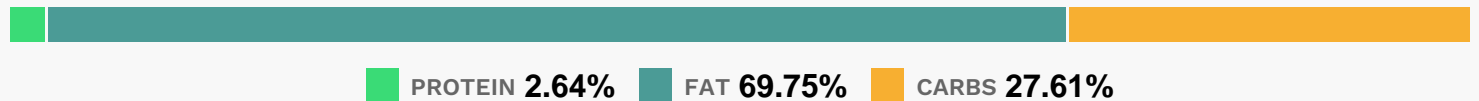
Equipment

- food processor
- bowl
- whisk

Directions

Thanks for reading! You can find the original recipe on my blog here: <http://sallycooks.com/2013/11/15/brussels-sprout-slaw/> I love slaw but not the traditional southern slaw swimming in mayonnaise. I prefer an oil and vinegar based slaw like this one. You'll want to prep this ahead of time if you're making it for Thanksgiving because the brussels need some time to soak and break down in the dressing. They'll still retain some lovely crunch and the pecans and raisins are a great addition I wouldn't skip. I chopped the brussels by hand but throw them in a food processor to save time and get a more even shred if you like. What to do: whisk together the oil, vinegar, lemon juice, mustard, maple syrup and some salt and pepper in a large bowl add brussels to the bowl with the dressing and toss to combine cover and refrigerate for at least 30 minutes before serving which will allow the sprouts to break down and soften add the pecans and raisins before serving

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:8.97, Inflammation Score:-2, Nutrition Score:6.4060870305352%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 279.8kcal (13.99%), Fat: 22.78g (35.05%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 17.53g (6.37%), Sugar: 3.81g (4.24%), Cholesterol: 0mg (0%), Sodium: 282.54mg (12.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Manganese: 0.77mg (38.58%), Vitamin E: 2.15mg (14.37%), Fiber: 2.77g (11.06%), Copper: 0.21mg (10.54%), Vitamin K: 8.67µg (8.26%), Vitamin B1: 0.12mg (8.08%), Vitamin B2: 0.12mg (6.98%), Potassium: 236.14mg (6.75%), Magnesium: 25.89mg (6.47%), Phosphorus: 57.17mg (5.72%), Iron: 1.01mg (5.59%), Vitamin C: 4.05mg (4.91%), Zinc: 0.68mg (4.56%), Selenium: 3.14µg (4.49%), Vitamin B6: 0.07mg (3.43%), Calcium: 25.14mg (2.51%), Vitamin B3: 0.4mg (2%), Vitamin B5: 0.15mg (1.47%), Folate: 5.29µg (1.32%)