



Brussels Sprout Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



14 kcal

SIDE DISH

Ingredients

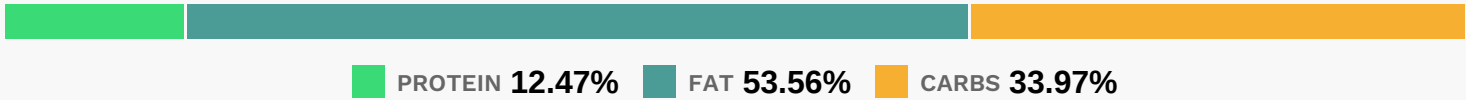
- ☐ 8 ounces brussels sprouts
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐
- Keeping the stems intact, trim any loose or yellow leaves on the Brussels sprouts.
- ☐
- Holding each sprout by the stem end, finely shred them on the slicer.
- ☐
- Drizzle the slaw with olive oil, lemon juice, and salt and toss well.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:2.6456521594006%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 13.97kcal (0.7%), Fat: 0.92g (1.41%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.33g (0.36%), Cholesterol: 0mg (0%), Sodium: 39.9mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin K: 25.62µg (24.4%), Vitamin C: 12.29mg (14.9%), Manganese: 0.05mg (2.4%), Folate: 8.77µg (2.19%), Fiber: 0.54g (2.16%), Vitamin A: 106.92IU (2.14%), Vitamin E: 0.25mg (1.68%), Potassium: 55.8mg (1.59%), Vitamin B6: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.32%), Iron: 0.2mg (1.13%)