



Cabbage and Celery Root Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

Ingredients

- 20 ounce angel hair coleslaw (10 cups)
- 0.3 teaspoon pepper black
- 1 tablespoon canola oil
- 1 cup celery root shredded peeled (celery root)
- 0.5 teaspoon celery seeds
- 0.3 cup cider vinegar
- 1.5 tablespoons dijon mustard
- 2 cups apples i use 2 granny smith apples diced

- 1 tablespoon honey
- 0.1 teaspoon kosher salt

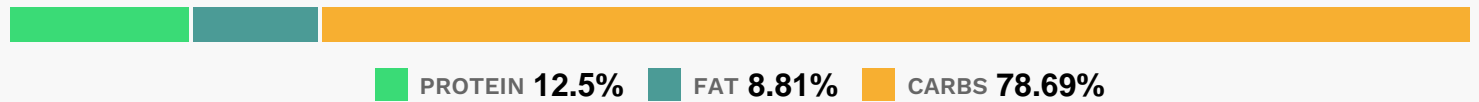
Equipment

- bowl
- whisk

Directions

- Combine first 7 ingredients in a large bowl; stir with a whisk.
- Add coleslaw and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:33.16, Glycemic Load:24.1, Inflammation Score:-3, Nutrition Score:10.025652268659%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 315.29kcal (15.76%), Fat: 3.06g (4.71%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 61.52g (20.51%), Net Carbohydrates: 58g (21.09%), Sugar: 7.69g (8.54%), Cholesterol: 0mg (0%), Sodium: 92.15mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Selenium: 45.93µg (65.62%), Manganese: 0.75mg (37.39%), Phosphorus: 164.54mg (16.45%), Fiber: 3.53g (14.1%), Copper: 0.23mg (11.67%), Magnesium: 45.58mg (11.4%), Vitamin K: 10.15µg (9.66%), Potassium: 265.43mg (7.58%), Vitamin B6: 0.15mg (7.47%), Zinc: 1.11mg (7.42%), Vitamin B3: 1.39mg (6.97%), Iron: 1.23mg (6.85%), Vitamin B1: 0.08mg (5.64%), Vitamin B5: 0.4mg (4.04%), Folate: 15.53µg (3.88%), Vitamin B2: 0.07mg (3.86%), Vitamin C: 3.04mg (3.69%), Vitamin E: 0.52mg (3.48%), Calcium: 30.28mg (3.03%)