



California Citrus Broccoli Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



78 kcal

SIDE DISH

Ingredients

- 16 ounces broccoli slaw
- 1 small jicama peeled cut into julienne strips (2 cups)
- 3 cranberry-orange relish
- 1 small onion red thinly sliced cut in half and (1 cup)
- 0.7 cup cilantro leaves fresh chopped
- 3 tablespoons vegetable oil
- 3 tablespoons juice of lemon
- 4 teaspoons sugar

1.5 teaspoons orange zest grated

0.1 teaspoon salt

Equipment

bowl

knife

Directions

In large bowl, mix broccoli slaw and jicama. Peel oranges with sharp paring knife; cut into 1/4-inch slices.

Cut each slice into fourths.

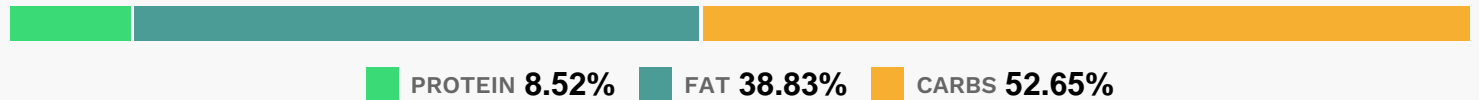
Add oranges, onion and cilantro to broccoli mixture.

In tightly covered container, shake all dressing ingredients until well mixed.

Pour dressing over salad and toss.

Serve immediately, or cover and refrigerate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:15.55, Glycemic Load:2.61, Inflammation Score:-5, Nutrition Score:7.3200000835502%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 9.47mg, Hesperetin: 9.47mg, Hesperetin: 9.47mg, Hesperetin: 9.47mg Naringenin: 5.07mg, Naringenin: 5.07mg, Naringenin: 5.07mg, Naringenin: 5.07mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 77.66kcal (3.88%), Fat: 3.63g (5.58%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 36.48mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin C: 61.51mg (74.55%), Folate: 43.43µg (10.86%), Fiber:

2.49g (9.98%), Vitamin K: 9.14µg (8.7%), Potassium: 250.19mg (7.15%), Manganese: 0.13mg (6.46%), Vitamin A: 292.71IU (5.85%), Vitamin B6: 0.11mg (5.35%), Magnesium: 17.8mg (4.45%), Vitamin B1: 0.07mg (4.34%), Vitamin B2: 0.07mg (4.23%), Phosphorus: 38.45mg (3.84%), Calcium: 38.25mg (3.83%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.51mg (3.38%), Iron: 0.59mg (3.27%), Copper: 0.05mg (2.64%), Selenium: 1.58µg (2.26%), Vitamin B3: 0.42mg (2.1%), Zinc: 0.25mg (1.64%)