



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
- ☐ 0.7 cup cilantro leaves fresh chopped
- ☐ 1 small jicama peeled cut into julienne strips (2 cups)
- ☐ 3 tablespoons juice of lemon
- ☐ 1.5 teaspoons orange zest grated
- ☐ 3 cranberry-orange relish
- ☐ 1 small onion red thinly sliced cut in half and (1 cup)
- ☐ 0.1 teaspoon salt

- ☐ 4 teaspoons sugar
- ☐ 3 tablespoons vegetable oil

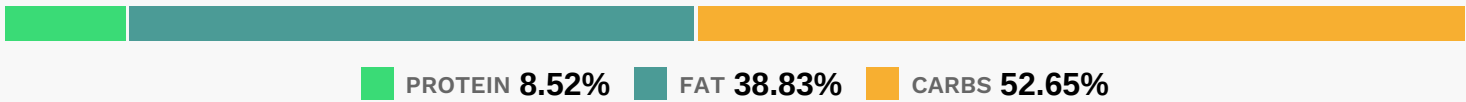
Equipment

- ☐ 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%)