



## Carrot and Turnip Slaw With Dill

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground plus more to taste
- 1 pound carrots grated peeled
- 2 tablespoons optional: dill fresh finely chopped
- 2 small garlic cloves finely grated
- 0.3 teaspoon ground cumin
- 1 teaspoon kosher salt plus more to taste
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon pepper dried red crushed

- 0.3 cup citrus champagne vinegar
- 8 ounces turnips white grated peeled

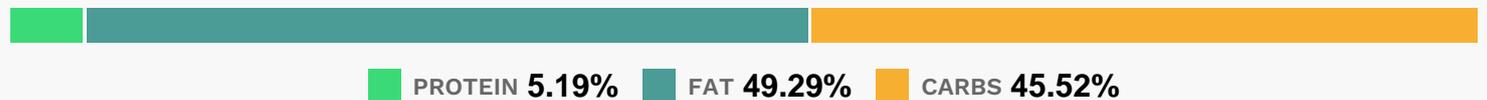
## Equipment

- bowl
- whisk

## Directions

- Combine first 3 ingredients in a large bowl; toss until thoroughly combined.
- Whisk together vinegar and next 6 ingredients.
- Pour dressing over vegetables, and toss until slaw is evenly coated. Cover and chill 1 hour or up to 2 days.
- Toss slaw just before serving; season with additional kosher salt and black pepper, if desired.
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## Nutrition Facts



## Properties

Glycemic Index:33.64, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:9.484347841014%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 87.47kcal (4.37%), Fat: 4.94g (7.6%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 7.34g (2.67%), Sugar: 5.04g (5.61%), Cholesterol: 0mg (0%), Sodium: 469.12mg (20.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin A: 12691.29IU (253.83%), Vitamin C: 12.88mg (15.61%), Vitamin K: 13.3µg (12.66%), Fiber: 2.93g (11.72%), Manganese: 0.21mg (10.48%), Potassium: 330.07mg (9.43%), Vitamin E: 1.25mg (8.34%), Vitamin B6: 0.16mg (7.77%), Folate: 20.35µg (5.09%), Vitamin B3: 0.93mg

(4.64%), Vitamin B1: 0.07mg (4.55%), Calcium: 41.32mg (4.13%), Phosphorus: 40.26mg (4.03%), Copper: 0.08mg (3.76%), Magnesium: 14.8mg (3.7%), Vitamin B2: 0.06mg (3.46%), Iron: 0.54mg (3%), Vitamin B5: 0.29mg (2.92%), Zinc: 0.31mg (2.09%)