



## Cashew Vegetable Slaw

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



168 kcal

SIDE DISH

### Ingredients

- ☐ 2.5 cups cabbage shredded
- ☐ 0.5 cup carrots shredded
- ☐ 3 tablespoons cider vinegar
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 cup radishes thinly sliced
- ☐ 1 cup roasted cashews coarsely chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon spicy brown mustard
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons whipping cream
- ☐ 2 cups zucchini shredded

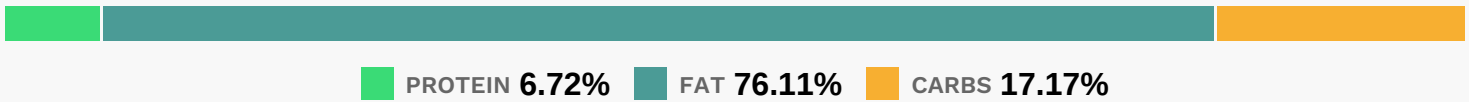
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ hand mixer

## Directions

- ☐ Press zucchini between paper towels until barely moist.
- ☐ Combine zucchini and next 5 ingredients in a large bowl; toss well.
- ☐ Combine oil and whipping cream in a small bowl. Beat at high speed of an electric mixer until blended.
- ☐ Add vinegar, mustard, and salt; beat well.
- ☐ Pour mixture over vegetables; toss gently. Cover and chill. Stir in cashews just before serving.

## Nutrition Facts



## Properties

Glycemic Index:27.38, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:9.4747824934514%

## Flavonoids

Pelargonidin: 3.66mg, Pelargonidin: 3.66mg, Pelargonidin: 3.66mg, Pelargonidin: 3.66mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 168.42kcal (8.42%), Fat: 14.89g (22.91%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.01g (2.19%), Sugar: 2.48g (2.75%), Cholesterol: 3.39mg (1.13%), Sodium: 149.05mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin K: 63.3µg (60.28%), Vitamin A: 1332.79IU (26.66%), Vitamin C: 14.57mg (17.66%), Copper: 0.33mg (16.63%), Magnesium: 45.94mg (11.48%), Manganese: 0.22mg (11.12%), Phosphorus: 90.02mg (9%), Folate: 29.7µg (7.43%), Iron: 1.2mg (6.68%), Potassium: 229.5mg (6.56%), Zinc: 0.95mg (6.36%), Fiber: 1.55g (6.19%), Vitamin E: 0.88mg (5.84%), Vitamin B6: 0.12mg (5.76%), Vitamin B2: 0.07mg (4.34%), Vitamin B1: 0.06mg (4.02%), Selenium: 2.37µg (3.38%), Vitamin B5: 0.3mg (3.01%), Calcium: 27.88mg (2.79%), Vitamin B3: 0.47mg (2.33%)