



Christmas slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots halved
- ☐ 0.5 cabbage shredded white
- ☐ 100 g pecans roughly chopped
- ☐ 1 bunch spring onion sliced
- ☐ 2 bell pepper red deseeded sliced
- ☐ 2 tbsp maple syrup
- ☐ 2 tsp dijon mustard
- ☐ 8 tbsp olive oil

☐ 4 tbsp apple cider vinegar

Equipment

☐ bowl

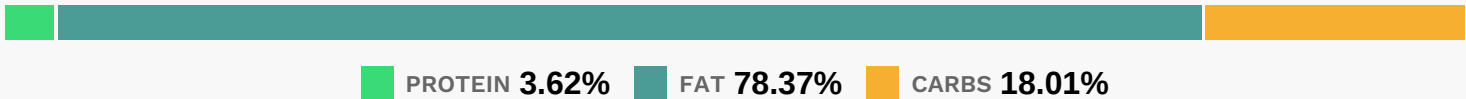
☐ peeler

Directions

☐ Peel strips from the carrots using a vegetable peeler, then mix with the other salad ingredients in a large bowl.

☐ Combine all the dressing ingredients in a jam jar, season, then put the lid on and shake well. Toss through the salad when youre ready to eat it. The salad and dressing will keep separately in the fridge for up to four days.

Nutrition Facts



Properties

Glycemic Index:45.56, Glycemic Load:4.06, Inflammation Score:-10, Nutrition Score:21.799130045849%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 340.13kcal (17.01%), Fat: 30.97g (47.65%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 10.94g (3.98%), Sugar: 9.86g (10.96%), Cholesterol: 0mg (0%), Sodium: 49.68mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Vitamin C: 80.61mg (97.71%), Vitamin A: 4763.4IU (95.27%), Vitamin K: 82.26µg (78.34%), Manganese: 1.14mg (56.8%), Vitamin E: 3.82mg (25.49%), Fiber: 5.07g (20.28%), Folate: 60.99µg (15.25%), Vitamin B6: 0.28mg (13.8%), Vitamin B1: 0.2mg (13.38%), Copper: 0.24mg

(11.78%), Vitamin B2: 0.19mg (10.97%), Potassium: 381.71mg (10.91%), Magnesium: 39.94mg (9.99%), Phosphorus: 87.34mg (8.73%), Zinc: 1.12mg (7.44%), Iron: 1.23mg (6.81%), Calcium: 63.5mg (6.35%), Vitamin B3: 1mg (4.98%), Vitamin B5: 0.49mg (4.93%), Selenium: 1.52µg (2.17%)