



Citrus Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



11 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

Ingredients

- 2 teaspoons hot sauce
- 1 juice of lemon juiced
- 1 juice of lime juiced
- 0.3 cup olive oil extra-virgin
- 0.3 cup orange marmalade
- 6 servings salt and pepper black freshly ground
- 1 pound sack slaw salad mix shredded

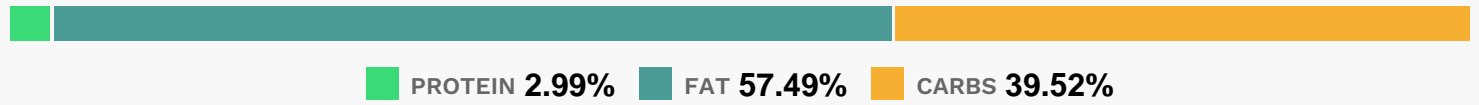
Equipment

- bowl
- whisk
- microwave

Directions

- Remove metal top from jar and loosen the marmalade up in microwave 15 seconds. Spoon loosened marmalade into a bowl then whisk in lemon and lime juice, hot sauce and olive oil. Toss slaw salad with dressing and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:1.11, Inflammation Score:-3, Nutrition Score:7.242173825917%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 134.01kcal (6.7%), Fat: 9.1g (14%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 12.03g (4.37%), Sugar: 10.65g (11.83%), Cholesterol: 0mg (0%), Sodium: 56.66mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin K: 63.1µg (60.09%), Vitamin C: 32.74mg (39.69%), Vitamin E: 1.44mg (9.59%), Folate: 35.3µg (8.83%), Fiber: 2.05g (8.19%), Manganese: 0.14mg (6.93%), Vitamin B6: 0.1mg (5.14%), Potassium: 147.79mg (4.22%), Calcium: 36.95mg (3.69%), Vitamin B1: 0.05mg (3.32%), Magnesium: 10.28mg (2.57%), Iron: 0.45mg (2.5%), Phosphorus: 21.59mg (2.16%), Vitamin B2: 0.04mg (2.14%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 87.86IU (1.76%), Copper: 0.03mg (1.51%)