



## Cran-Broccoli Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



95 kcal

SIDE DISH

### Ingredients

- 2 tablespoons balsamic vinegar
- 16 ounce broccoli coleslaw mix
- 0.5 cup canola oil
- 1 teaspoon dijon mustard
- 0.5 cup cranberries dried
- 1 clove garlic minced
- 0.3 cup green onions chopped
- 0.5 teaspoon lemon zest grated

- 1 teaspoon maple syrup
- 0.3 cup pecans chopped
- 8 servings salt and pepper to taste

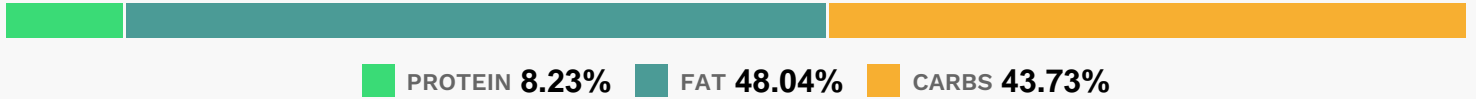
## Equipment

- bowl
- whisk

## Directions

- In a medium bowl, whisk together the vinegar, mustard, maple syrup, garlic, and lemon zest. Gradually whisk in the canola oil while drizzling in a fine stream.
- In a serving bowl, combine the broccoli slaw, dried cranberries, and onion.
- Pour the dressing over, and toss to coat evenly. Chill for at least 15 minutes before serving.
- Sprinkle pecans over the top just before serving.

## Nutrition Facts



## Properties

Glycemic Index:23.81, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:7.3782607783442%

## Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 95.38kcal (4.77%), Fat: 5.56g (8.56%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.54g (3.83%), Sugar: 6.85g (7.61%), Cholesterol: 0mg (0%), Sodium: 217.92mg (9.47%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin C: 53.76mg (65.17%), Manganese: 0.34mg (17.15%), Folate: 43.08µg (10.77%), Vitamin K: 9.18µg (8.74%), Potassium: 219.7mg (6.28%), Vitamin B6: 0.11mg (5.37%), Vitamin B2: 0.09mg (5.21%), Vitamin A: 260.4IU (5.21%), Magnesium: 20.31mg (5.08%), Phosphorus: 50.64mg (5.06%), Vitamin E: 0.72mg (4.78%), Vitamin B1: 0.06mg (4.31%), Iron: 0.71mg (3.94%), Copper: 0.08mg (3.83%), Calcium: 35.93mg (3.59%), Vitamin B5: 0.36mg (3.56%), Fiber: 0.86g (3.43%), Selenium: 2.16µg (3.09%), Zinc: 0.42mg (2.8%), Vitamin B3: 0.47mg (2.33%)