



WHATSheATE



Creamy Summer Slaw



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces broccoli
- ☐ 0.7 cup buttermilk
- ☐ 4 tablespoons chives fresh divided chopped
- ☐ 8 servings pepper freshly ground
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 2 spring onion thinly sliced
- ☐ 8 ounces sugar snap peas thinly sliced

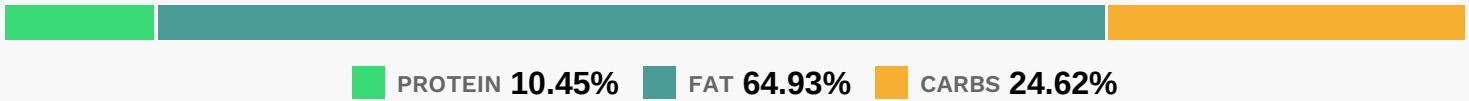
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ Combine buttermilk, mayonnaise, and lemon juice in a small bowl; season with salt and pepper and whisk to combine. Set buttermilk dressing aside.
- ☐ Using a vegetable peeler, peel broccoli stalk if skin is thick. Halve broccoli lengthwise, then thinly slice crosswise, starting at crown. Toss broccoli, cabbage, scallions, sugar snap peas, 2 tablespoons chives, and reserved buttermilk dressing in a large bowl; season with salt and pepper.
- ☐ Serve slaw topped with remaining 2 tablespoons chives.
- ☐ DO AHEAD: Slaw can be made 6 hours ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:11.294347903003%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 105.13kcal (5.26%), Fat: 7.89g (12.14%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.13g (3.47%), Cholesterol: 6.12mg (2.04%), Sodium: 96.03mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin K: 75.3µg (71.72%), Vitamin C: 58.55mg (70.97%), Vitamin A: 708.24IU (14.16%), Folate: 44.8µg (11.2%), Manganese: 0.18mg (9.19%), Fiber: 2g (8%), Potassium:

239.79mg (6.85%), Vitamin B6: 0.13mg (6.73%), Vitamin B2: 0.11mg (6.69%), Phosphorus: 64.64mg (6.46%), Calcium: 60.24mg (6.02%), Vitamin B1: 0.09mg (5.82%), Vitamin B5: 0.56mg (5.64%), Iron: 1.01mg (5.6%), Vitamin E: 0.79mg (5.28%), Magnesium: 19.57mg (4.89%), Selenium: 2.26µg (3.23%), Copper: 0.06mg (2.85%), Vitamin B3: 0.49mg (2.46%), Zinc: 0.37mg (2.43%), Vitamin D: 0.28µg (1.86%), Vitamin B12: 0.1µg (1.72%)