



Crunchy Coleslaw



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups carrots shredded
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup bulb fennel shredded finely
- ☐ 1 clove garlic minced
- ☐ 1 medium apples i use 2 granny smith apples cored cut into thin strips (1 cup)
- ☐ 5 cups cabbage shredded green
- ☐ 1 tablespoon honey
- ☐ 0.5 jicama cut into thin strips (1 cup)

- ☐ 0.7 cup olive oil
- ☐ 0.3 cup red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 2 Tbsp shallots finely chopped
- ☐ 8 servings dressing
- ☐ 8 servings slaw
- ☐ 1 cup snow peas thinly sliced lengthwise

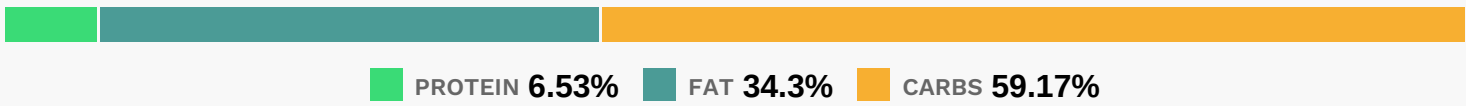
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together oil, vinegar, honey, mustard, shallot and garlic. Season with salt and pepper.
- ☐ Make slaw: In a large bowl, toss together cabbage, carrot, fennel, jicama, snow peas and apple.
- ☐ Pour dressing over and mix well. Cover and chill for at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:46.39, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:12.451739156133%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 106.26kcal (5.31%), Fat: 4.24g (6.52%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 11.26g (4.09%), Sugar: 9.19g (10.21%), Cholesterol: 0.41mg (0.14%), Sodium: 256.89mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin A: 4224.05IU (84.48%), Vitamin K: 50.58µg (48.17%), Vitamin C: 36.21mg (43.89%), Fiber: 5.18g (20.74%), Manganese: 0.22mg (10.95%), Folate: 38.59µg (9.65%), Potassium: 326.86mg (9.34%), Vitamin B6: 0.16mg (7.76%), Vitamin E: 1.12mg (7.49%), Iron: 1.04mg (5.77%), Vitamin B1: 0.08mg (5.39%), Magnesium: 21.12mg (5.28%), Phosphorus: 47.3mg (4.73%), Calcium: 46.51mg (4.65%), Vitamin B2: 0.07mg (3.92%), Vitamin B5: 0.37mg (3.65%), Copper: 0.07mg (3.45%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.31mg (2.03%), Selenium: 1.4µg (2%)