



Crunchy Pecan Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 1 braeburn apple cut into thin strips
- ☐ 3 green onions sliced
- ☐ 1 head napa cabbage cut into thin strips
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup radishes sliced
- ☐ 0.5 cup sweet-and-spicy dressing

Equipment

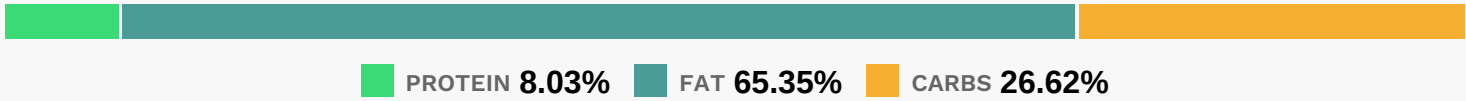
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
- ☐ Toss together pecans, cabbage, and remaining ingredients in a large bowl until blended.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:9.8882608621017%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Pelargonidin: 3.66mg, Pelargonidin: 3.66mg, Pelargonidin: 3.66mg, Pelargonidin: 3.66mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 101.26kcal (5.06%), Fat: 8.07g (12.42%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 4.65g (1.69%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 11.12mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Vitamin K: 46.92µg (44.69%), Manganese: 0.68mg (33.88%), Vitamin C: 26.79mg (32.48%), Folate: 77.8µg (19.45%), Vitamin B6: 0.25mg (12.27%), Fiber: 2.75g (11%), Copper: 0.17mg (8.7%), Potassium: 301.81mg (8.62%), Calcium: 82.06mg (8.21%), Vitamin B1: 0.11mg (7.58%), Vitamin A: 338.43IU (6.77%), Magnesium: 27.1mg (6.77%), Phosphorus: 60.79mg (6.08%), Zinc: 0.74mg (4.92%), Vitamin B2: 0.07mg (4.06%), Iron: 0.65mg (3.61%), Vitamin B3: 0.54mg (2.69%), Vitamin B5: 0.21mg (2.12%), Vitamin E: 0.31mg (2.09%), Selenium: 1.01µg (1.44%)