



Detox slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



264 kcal

SIDE DISH

Ingredients

- 1.3 cup cabbage shredded green
- 1.5 cup cabbage shredded
- 1 carrots shredded whole
- 2 Tablespoons sesame seeds black toasted
- 0.1 cups onion yellow chopped
- 1 Tablespoon olive oil
- 2 Tablespoons juice of lemon
- 0.5 Tablespoons agave nectar

- 2 Tablespoons tahini
- 0.3 cups water
- 0.5 teaspoons salt to taste

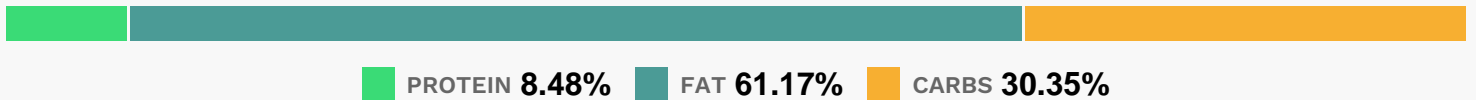
Equipment

- bowl
- frying pan

Directions

- In a big bowl, mix all the vegetables together.
- Mix the dressing ingredients together in another small bowl and stir till you get a uniform paste.
- Add more water if needed to achieve the desired consistency.
- In a hot skillet, add sesame seeds and toast them till they start jumping out of the skillet.
- Pour dressing over the vegetables.
- Garnish with toasted sesame seeds and serve.
- P.S what is your go to detox food? Will love to know!

Nutrition Facts



Properties

Glycemic Index:99.92, Glycemic Load:3.86, Inflammation Score:-10, Nutrition Score:22.411304347826%

Flavonoids

Cyanidin: 140.06mg, Cyanidin: 140.06mg, Cyanidin: 140.06mg, Cyanidin: 140.06mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Taste

Sweetness: 39.25%, Saltiness: 100%, Sourness: 75.46%, Bitterness: 84.3%, Savoriness: 46.86%, Fattiness: 74.87%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 264.23kcal (13.21%), Fat: 19.22g (29.57%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 16.24g (5.9%), Sugar: 9.8g (10.89%), Cholesterol: 0mg (0%), Sodium: 636.82mg (27.69%), Protein: 5.99g (11.99%), Vitamin A: 5895.01IU (117.9%), Vitamin C: 63.93mg (77.49%), Vitamin K: 68.21µg (64.96%), Copper: 0.61mg (30.67%), Vitamin B1: 0.41mg (27.06%), Manganese: 0.49mg (24.45%), Phosphorus: 215.05mg (21.5%), Fiber: 5.22g (20.9%), Vitamin B6: 0.35mg (17.64%), Folate: 65.56µg (16.39%), Calcium: 161.32mg (16.13%), Magnesium: 64.18mg (16.05%), Iron: 2.74mg (15.22%), Potassium: 470.92mg (13.45%), Selenium: 8.63µg (12.33%), Zinc: 1.64mg (10.94%), Vitamin B3: 1.95mg (9.75%), Vitamin E: 1.44mg (9.63%), Vitamin B2: 0.13mg (7.8%), Vitamin B5: 0.31mg (3.1%)