



Donna Leigh's Creamy Broccoli Slaw

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



454 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 12 ounce broccoli coleslaw mix
- ☐ 0.1 teaspoon celery seed
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 3 ounce oriental-flavored ramen noodles
- ☐ 1 tablespoon sesame oil

- ☐ 0.3 cup slivered almonds
- ☐ 0.3 cup sunflower seeds unsalted
- ☐ 2 tablespoons sugar white

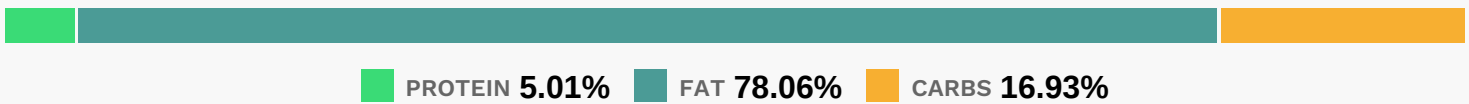
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix mayonnaise, vinegar, sugar, celery seed, and ramen noodle seasoning packet in a bowl; chill in refrigerator.
- ☐ Heat olive oil and sesame oil in a skillet over medium heat; cook and stir ramen noodles and almonds until toasted, stirring frequently, 3 to 5 minutes.
- ☐ Remove from heat and cool.
- ☐ Combine ramen noodles, almonds, broccoli coleslaw mix, onion, sunflower seeds, and dressing in a bowl; stir to coat.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:7.45, Inflammation Score:-6, Nutrition Score:14.892173907031%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 454.45kcal (22.72%), Fat: 40.16g (61.79%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 18g (6.55%), Sugar: 5.37g (5.97%), Cholesterol: 15.68mg (5.23%), Sodium: 542.71mg (23.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin C: 53.96mg (65.4%), Vitamin K: 63.44µg (60.42%), Vitamin E: 4.93mg (32.84%), Manganese: 0.46mg (23.04%), Vitamin B1: 0.28mg (18.97%), Folate: 75.33µg (18.83%), Phosphorus: 125.52mg (12.55%), Magnesium: 50.12mg (12.53%), Vitamin B2: 0.19mg (10.99%), Copper: 0.21mg (10.55%), Selenium: 7.23µg (10.32%), Vitamin B6: 0.2mg (10.16%), Iron: 1.69mg (9.38%), Potassium: 313.53mg (8.96%), Vitamin B3: 1.59mg (7.93%), Fiber: 1.6g (6.4%), Zinc: 0.85mg (5.69%), Calcium: 55.34mg (5.53%), Vitamin A: 255.89IU (5.12%), Vitamin B5: 0.51mg (5.07%), Vitamin B12: 0.08µg (1.34%)