



Fennel Apple And Celery Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 2 ribs celery thinly sliced
- ☐ 1 tablespoon cider vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 fennel bulb cored trimmed very thin cut into strips
- ☐ 2 gala apples cut into strips
- ☐ 2 granny smith apples cut into strips
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.3 cup olive oil

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

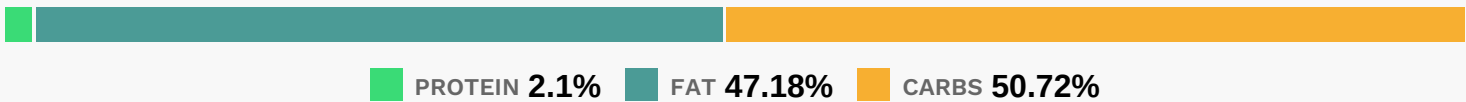
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in a large bowl; slowly pour in oil, whisking constantly.
- ☐ Add Fennel, apple and celery to dressing, tossing to combine. Cover and chill up to 4 hours. Toss well just before serving.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:4.75, Inflammation Score:-3, Nutrition Score:4.7434782437656%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 125.64kcal (6.28%), Fat: 7.01g (10.78%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 13.65g (4.97%), Sugar: 12.63g (14.04%), Cholesterol: 0mg (0%), Sodium: 177.5mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin K: 27.48µg (26.17%), Fiber: 3.29g (13.17%), Vitamin C: 8.01mg (9.71%), Vitamin E: 1.34mg (8.9%), Potassium: 284.2mg (8.12%), Manganese: 0.15mg (7.59%), Magnesium: 17.18mg (4.29%), Vitamin B6: 0.08mg (3.79%), Folate: 14.28µg (3.57%), Copper: 0.06mg (3.06%), Calcium: 29.88mg

(2.99%), Iron: 0.52mg (2.89%), Phosphorus: 28.73mg (2.87%), Vitamin A: 134.02IU (2.68%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.17mg (1.71%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.52%), Selenium: 0.91µg (1.3%)