



Fennel-Orange Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce coleslaw mix
- ☐ 0.5 fennel bulb thinly sliced
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup marinated olives green pitted
- ☐ 1 cranberry-orange relish peeled
- ☐ 1 tablespoon parsley chopped
- ☐ 0.1 teaspoon pepper

- ☐ 0.3 medium onion red thinly sliced
- ☐ 0.3 teaspoon salt

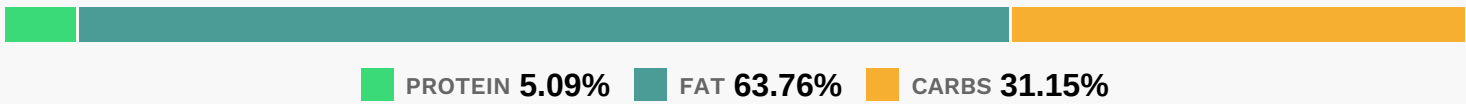
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine olives, coleslaw mix, fennel, red onion, orange segments, and parsley. Toss with olive oil and lemon juice. Season with salt and pepper; toss well.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:3.46, Inflammation Score:-6, Nutrition Score:13.411739256071%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 5.09mg, Naringenin: 5.09mg, Naringenin: 5.09mg, Naringenin: 5.09mg Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg, Apigenin: 2.24mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 158.82kcal (7.94%), Fat: 12.02g (18.49%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 8.58g (3.12%), Sugar: 7.87g (8.75%), Cholesterol: 0mg (0%), Sodium: 311.15mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin K: 116.75µg (111.19%), Vitamin C: 61.26mg (74.26%), Fiber: 4.63g (18.54%), Folate: 64.6µg (16.15%), Vitamin E: 2.23mg (14.86%), Manganese: 0.24mg (12.12%), Potassium: 374.93mg (10.71%), Vitamin B6: 0.17mg (8.55%), Calcium: 75.28mg (7.53%), Vitamin B1: 0.1mg (6.61%), Vitamin A: 328.34IU (6.57%), Magnesium: 22.72mg (5.68%), Iron: 0.9mg (5.01%), Phosphorus: 48.47mg (4.85%), Vitamin B2: 0.07mg (3.91%), Vitamin B5: 0.38mg (3.83%), Copper: 0.07mg (3.45%), Vitamin B3: 0.56mg (2.79%), Zinc: 0.29mg (1.93%), Selenium: 0.79µg (1.12%)