



Fruit & Nut Slaw with Blue Cheese

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



438 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cheese blue
- ☐ 1 lb cabbage shredded (or slaw mix)
- ☐ 1 cup mandarin orange segments drained
- ☐ 1 cup pecans chopped
- ☐ 1 cup grapes red seedless sliced
- ☐ 1 cup the dressing marzetti®
- ☐ 1 qt strawberries hulled sliced

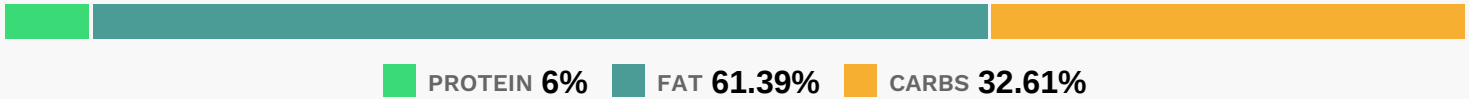
Equipment

☐ bowl

Directions

- ☐ Using a large bowl, combine shredded cabbage, strawberries, oranges. grapes, pecans and blue cheese.
- ☐ Add Marzetti Slaw Dressing and gently stir until all ingredients are well coated with dressing. Cover and chill in the refrigerator for at least 1 hour or up to 8 hours

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:8.39, Inflammation Score:-8, Nutrition Score:22.462174275647%

Flavonoids

Cyanidin: 4.6mg, Cyanidin: 4.6mg, Cyanidin: 4.6mg, Cyanidin: 4.6mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 6.22mg, Catechin: 6.22mg, Catechin: 6.22mg, Catechin: 6.22mg Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 3.67mg, Naringenin: 3.67mg, Naringenin: 3.67mg, Naringenin: 3.67mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 437.54kcal (21.88%), Fat: 31.37g (48.27%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 37.5g (12.5%), Net Carbohydrates: 29.9g (10.87%), Sugar: 27.09g (30.1%), Cholesterol: 25.52mg (8.51%), Sodium: 499.88mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.79%), Vitamin C: 130.34mg (157.99%), Vitamin K: 93.05µg (88.62%), Manganese: 1.62mg (81.19%), Fiber: 7.6g (30.4%), Folate: 85.78µg (21.44%), Copper: 0.37mg (18.28%), Phosphorus: 180.4mg (18.04%), Vitamin B1: 0.26mg (17.17%), Potassium: 589.72mg (16.85%), Magnesium: 61.06mg (15.26%), Vitamin E: 2.25mg (15%), Calcium: 145.88mg (14.59%), Vitamin B6: 0.27mg (13.73%), Vitamin B2:

0.18mg (10.81%), Zinc: 1.59mg (10.57%), Iron: 1.77mg (9.85%), Vitamin A: 453.21IU (9.06%), Vitamin B5: 0.85mg (8.46%), Selenium: 5.24µg (7.48%), Vitamin B3: 1.31mg (6.54%), Vitamin B12: 0.17µg (2.91%)