



Garden Slaw with Tarragon

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bell pepper strips red
- ☐ 0.3 cup carrots shredded
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons mayonnaise light
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.3 cup onion red vertically sliced

- ☐ 0.3 teaspoon salt
- ☐ 3 cups savoy cabbage sliced
- ☐ 0.5 cup snow peas trimmed cut lengthwise into thin strips
- ☐ 2 teaspoons sugar
- ☐ 1 cup diagonally cut wax beans steamed (1-inch)

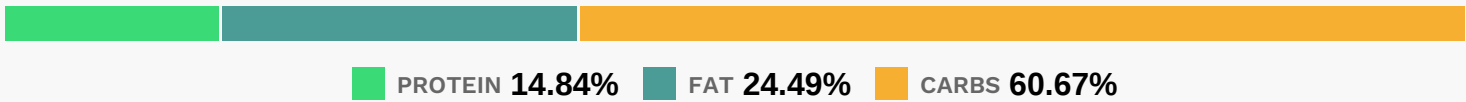
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 6 ingredients, stirring with a whisk.
- ☐ To prepare salad, combine cabbage and remaining ingredients in a large bowl.
- ☐ Add dressing mixture, tossing to combine. Chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:55.65, Glycemic Load:2.68, Inflammation Score:-9, Nutrition Score:10.115217421366%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 65.88kcal (3.29%), Fat: 1.95g (3%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 8.29g (3.02%), Sugar: 4.38g (4.87%), Cholesterol: 1.52mg (0.51%), Sodium: 188.53mg (8.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin C: 42.49mg (51.5%), Vitamin A:

2074.86IU (41.5%), Vitamin K: 31.6µg (30.1%), Folate: 83.68µg (20.92%), Manganese: 0.22mg (11.02%), Fiber: 2.58g (10.31%), Potassium: 294.17mg (8.4%), Vitamin B6: 0.17mg (8.33%), Magnesium: 31mg (7.75%), Iron: 1.24mg (6.86%), Calcium: 64.16mg (6.42%), Phosphorus: 55.6mg (5.56%), Vitamin B1: 0.06mg (3.92%), Vitamin B2: 0.07mg (3.84%), Copper: 0.08mg (3.78%), Vitamin E: 0.5mg (3.32%), Zinc: 0.43mg (2.86%), Vitamin B3: 0.47mg (2.34%), Vitamin B5: 0.23mg (2.3%), Selenium: 0.87µg (1.25%)