



Green Apple-Truffle Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 large cloves garlic unpeeled
- ☐ 5 granny smith apples julienned
- ☐ 0.3 cup grapeseed oil
- ☐ 4 cups cabbage green very thinly sliced
- ☐ 10 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling

- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon truffle oil black
- ☐ 0.3 cup walnuts toasted chopped

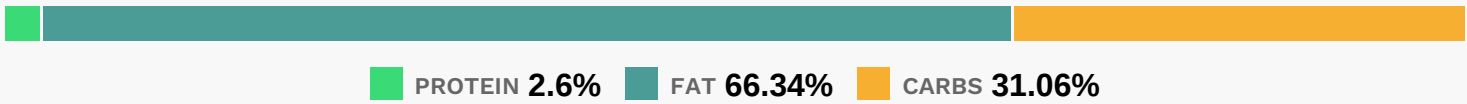
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Place the garlic on a piece of foil, drizzle with olive oil and wrap up.
- ☐ Bake until tender, about 30 minutes.
- ☐ Let cool slightly, then squeeze the garlic from its skin.
- ☐ Combine 2 teaspoons water, the roasted garlic, lemon juice, sugar, 1 teaspoon salt, and pepper to taste in a blender or mini food processor. With the motor running, slowly pour in 1/4 cup each olive and grapeseed oils through the feed tube, blending until emulsified.
- ☐ Toss the apples, cabbage, walnuts, parsley and truffle oil in a medium bowl.
- ☐ Add the dressing and toss; season with salt and pepper. Refrigerate the slaw until chilled, about 45 minutes.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:4.04, Inflammation Score:-4, Nutrition Score:6.9113043287526%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg 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: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 192.45kcal (9.62%), Fat: 15.01g (23.09%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 12.58g (4.57%), Sugar: 10.84g (12.04%), Cholesterol: 0mg (0%), Sodium: 200.89mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 47.18µg (44.93%), Vitamin C: 18.82mg (22.81%), Vitamin E: 2.8mg (18.67%), Fiber: 3.23g (12.91%), Manganese: 0.23mg (11.65%), Vitamin B6: 0.11mg (5.59%), Folate: 21.67µg (5.42%), Potassium: 180.02mg (5.14%), Copper: 0.1mg (4.92%), Magnesium: 15.34mg (3.84%), Vitamin A: 178.92IU (3.58%), Vitamin B1: 0.05mg (3.38%), Phosphorus: 33.8mg (3.38%), Iron: 0.49mg (2.74%), Vitamin B2: 0.04mg (2.6%), Calcium: 24.87mg (2.49%), Zinc: 0.24mg (1.58%), Vitamin B5: 0.16mg (1.57%), Vitamin B3: 0.22mg (1.11%)