



## Green Goddess Slaw

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

### Ingredients

- 3 fillet anchovy
- 1 teaspoon basil chopped
- 24 oz broccoli slaw
- 2 tablespoons chives chopped
- 2 tablespoons parsley fresh chopped
- 1 tablespoon tarragon fresh chopped
- 1 clove garlic chopped
- 1 tablespoon juice of lemon

- 1 teaspoon lemon zest grated
- 0.8 cup mayonnaise reduced-fat
- 8 servings salt and pepper
- 3 scallions light white green chopped
- 1 tablespoon shallots chopped
- 0.3 cup cup heavy whipping cream fat-free sour
- 1 onion sweet thinly sliced (such as Vidalia)
- 2 tablespoons citrus champagne vinegar

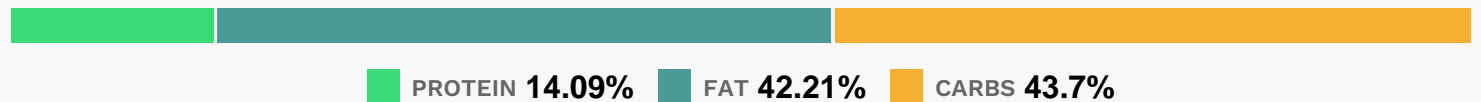
## Equipment

- food processor
- bowl

## Directions

- To make dressing, puree all ingredients except broccoli slaw and onion in a food processor until smooth. In a bowl, toss slaw, onion and dressing until well combined.

## Nutrition Facts



## Properties

Glycemic Index:38.63, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:12.390869513802%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

## Nutrients (% of daily need)

Calories: 101.63kcal (5.08%), Fat: 5.16g (7.94%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 11.33g (4.12%), Sugar: 3.14g (3.49%), Cholesterol: 4.91mg (1.64%), Sodium: 407.82mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Vitamin C: 85.59mg (103.74%), Vitamin K: 38.78µg (36.94%), Folate: 80.1µg (20.03%), Manganese: 0.32mg (16.13%), Potassium: 403.33mg (11.52%), Vitamin A: 573.87IU (11.48%), Vitamin B6: 0.23mg (11.45%), Phosphorus: 87.12mg (8.71%), Vitamin B2: 0.14mg (8.38%), Magnesium: 32.16mg (8.04%), Calcium: 78.78mg (7.88%), Iron: 1.4mg (7.78%), Selenium: 4.38µg (6.25%), Vitamin B1: 0.09mg (5.72%), Vitamin B5: 0.54mg (5.36%), Vitamin B3: 0.94mg (4.71%), Copper: 0.09mg (4.27%), Zinc: 0.55mg (3.66%), Vitamin E: 0.51mg (3.43%), Fiber: 0.69g (2.74%)