

food
network

Green Goddess Slaw



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

Ingredients

- ☐ 4 fillet anchovy
- ☐ 2 tablespoons cider vinegar
- ☐ 6 cups cole slaw mix shredded cabbage and carrots
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley leaves fresh
- ☐ 2 green onions
- ☐ 1 cup mayonnaise
- ☐ 4 servings salt and pepper black freshly ground

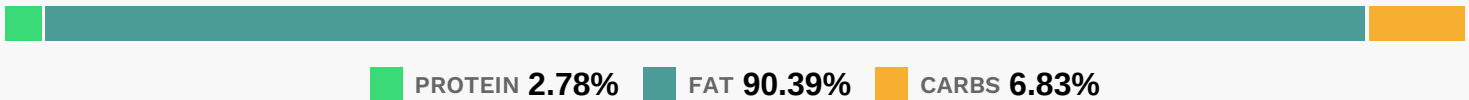
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a blender, combine all ingredients but the slaw mix. Puree until smooth.
- ☐ Transfer to a large bowl, add slaw mix and toss to combine. Season, to taste, with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:1.85, Inflammation Score:-6, Nutrition Score:12.042608655017%

Flavonoids

Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 417.21kcal (20.86%), Fat: 42.23g (64.97%), Saturated Fat: 6.65g (41.54%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.89g (4.33%), Cholesterol: 25.92mg (8.64%), Sodium: 381.18mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.85%), Vitamin K: 219.66µg (209.2%), Vitamin C: 43.09mg (52.23%), Folate: 56.78µg (14.2%), Vitamin E: 2.07mg (13.8%), Fiber: 2.91g (11.64%), Manganese: 0.22mg (11.23%), Vitamin A: 435.44IU (8.71%), Vitamin B6: 0.15mg (7.41%), Potassium: 243.9mg (6.97%), Calcium: 61.79mg (6.18%), Iron: 1mg (5.57%), Vitamin B1: 0.08mg (5.21%), Phosphorus: 51.03mg (5.1%), Magnesium: 18.18mg (4.54%), Selenium: 3.13µg (4.47%), Vitamin B3: 0.88mg (4.38%), Vitamin B2: 0.07mg (4.21%), Vitamin B5: 0.36mg (3.63%), Zinc: 0.4mg (2.66%), Copper: 0.05mg (2.56%), Vitamin B12: 0.09µg (1.53%)