



WHATSheATE



Honey Mustard Broccoli Slaw



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce broccoli julienned (see Slaw Note below)
- ☐ 0.5 cup honey mustard dressing such as ken's steak house honey mustard or the following recipe
- ☐ 6 servings celery salt to taste
- ☐ 0.5 cup mayonnaise (for egg-free / vegan; see Mayo Note below)
- ☐ 0.3 cup spicy brown mustard
- ☐ 0.3 cup honey for strictly vegan (sub agave nectar)
- ☐ 2 tablespoons juice of lemon fresh

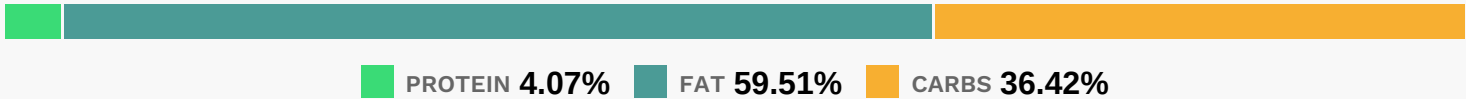
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ At least one hour before serving, toss together the broccoli coleslaw and ½ cup of the honey mustard dressing.
- ☐ Season to taste with the celery salt. Refrigerate until serving.
- ☐ In a medium bowl, whisk all ingredients together until smooth. It makes approximately 1 cup.
- ☐ Store leftovers, tightly covered, in a refrigerator for up to 2 months, unless you made it with homemade mayonnaise.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:10.963478010634%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 223.56kcal (11.18%), Fat: 14.58g (22.43%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 18.12g (6.59%), Sugar: 11.73g (13.03%), Cholesterol: 7.84mg (2.61%), Sodium: 549.33mg (23.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin K: 90.48µg (86.17%), Vitamin C: 54.11mg (65.59%), Folate: 41.13µg (10.28%), Manganese: 0.17mg (8.26%), Vitamin E: 1.19mg (7.92%), Selenium: 5.54µg (7.91%), Fiber: 1.95g (7.81%), Vitamin A: 373.03IU (7.46%), Vitamin B6: 0.13mg (6.58%), Potassium: 204.02mg (5.83%), Vitamin B2: 0.09mg (5.45%), Phosphorus: 53.04mg (5.3%), Vitamin B1: 0.07mg (4.94%), Magnesium: 17.47mg (4.37%), Vitamin B5: 0.39mg (3.95%), Calcium: 35.19mg (3.52%), Iron: 0.63mg (3.51%), Vitamin B3: 0.49mg (2.44%), Zinc: 0.33mg (2.21%), Copper: 0.04mg (2.04%)