



Kale-Apple Coleslaw with Poppy Seed Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- 2 medium apples
- 6 servings pepper black freshly ground
- 3 tablespoons apple cider vinegar
- 2 teaspoons dijon mustard
- 1 pound flat parsley (2 bunches)
- 2 tablespoons honey
- 0.3 teaspoon kosher salt

- 0.3 cup onion red ()
- 1.5 teaspoons poppy seeds
- 3 tablespoons vegetable oil

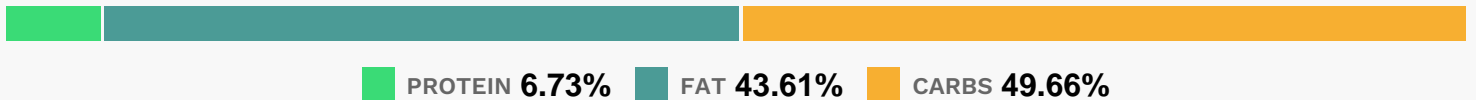
Equipment

- bowl
- whisk

Directions

- Place the vinegar, honey, mustard, poppy seeds, and salt in a large, nonreactive bowl, season with pepper, and whisk to combine. While whisking constantly, slowly add the oil until all of it is incorporated.
- Add the onion, stir to combine, and set aside. For the coleslaw: Wash and dry the kale.
- Cut out and discard the tough stems. Arrange the leaves into stacks, slice crosswise into 1/4-inch ribbons, and add to the bowl with the dressing. Core the apples, cut them into 1-1/2-inch-long matchsticks, and add to the bowl. Toss to combine.
- Let the coleslaw sit for at least 15 minutes at room temperature and up to 1 day in the refrigerator for the flavors to meld. Toss again before serving.

Nutrition Facts



Properties

Glycemic Index:42.05, Glycemic Load:6.19, Inflammation Score:-10, Nutrition Score:20.926521715911%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 162.89mg, Apigenin: 162.89mg, Apigenin: 162.89mg, Apigenin: 162.89mg

162.89mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 11.22mg, Myricetin: 11.22mg, Myricetin: 11.22mg, Myricetin: 11.22mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 150.49kcal (7.52%), Fat: 7.88g (12.12%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 15.83g (5.76%), Sugar: 13.15g (14.61%), Cholesterol: 0mg (0%), Sodium: 159.4mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin K: 1253.88µg (1194.17%), Vitamin A: 6403.1IU (128.06%), Vitamin C: 104.04mg (126.11%), Folate: 119.31µg (29.83%), Iron: 4.93mg (27.41%), Fiber: 4.36g (17.44%), Potassium: 515.06mg (14.72%), Manganese: 0.25mg (12.41%), Calcium: 123.29mg (12.33%), Magnesium: 45.81mg (11.45%), Vitamin E: 1.25mg (8.36%), Copper: 0.15mg (7.52%), Zinc: 0.94mg (6.25%), Phosphorus: 62.46mg (6.25%), Vitamin B1: 0.09mg (5.94%), Vitamin B2: 0.1mg (5.7%), Vitamin B6: 0.11mg (5.43%), Vitamin B3: 1.08mg (5.41%), Vitamin B5: 0.36mg (3.64%), Selenium: 0.86µg (1.22%)