



Kale Slaw with Avocado & Almonds



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds toasted chopped
- ☐ 1 avocado
- ☐ 2 tablespoon balsamic vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cabbage green
- ☐ 1 tablespoon honey
- ☐ 1 bunch tuscan kale
- ☐ 2 tablespoon juice of lemon

☐ 0.3 cup olive oil

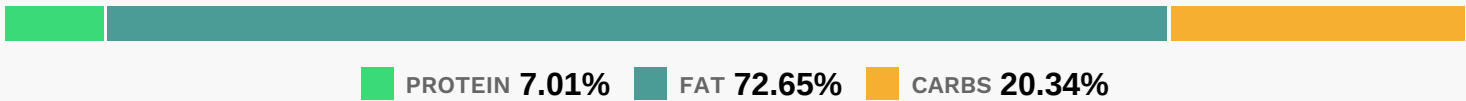
Equipment

☐ whisk

Directions

- ☐ Stack the kale leaves in a tight bunch and slice into thin shreds, starting with the tops. Slice the cabbage into shreds and toss it bit by bit with the kale, adding until the amounts of kale and cabbage are roughly equal.To make the dressing, whisk together the lemon juice, honey, mustard and balsamic vinegar. Taste and adjust to your preference, adding more honey for sweetness or more mustard for increased zing.
- ☐ Add oil bit by bit as you whisk until the dressing thickens.
- ☐ Pour dressing over salad and toss to combine. Pit and peel the avocado, cut into quarters, then slice into small pieces and toss with the salad (the avocado should blend with the dressing, making the slaw creamy). Top salad with chopped almonds and serve.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:2.89, Inflammation Score:-9, Nutrition Score:17.75086963695%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg Kaempferol: 10.25mg, Kaempferol: 10.25mg, Kaempferol: 10.25mg, Kaempferol: 10.25mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 236.14kcal (11.81%), Fat: 20.27g (31.19%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 12.77g (4.25%), Net Carbohydrates: 7.14g (2.6%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 31.52mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.81%), Vitamin K: 125.72µg (119.73%), Vitamin C: 39.39mg (47.74%), Vitamin A: 2251.5IU (45.03%), Vitamin E: 5.25mg (35%), Manganese: 0.54mg (26.85%), Fiber: 5.63g (22.5%), Vitamin B2: 0.27mg (16.02%), Folate: 63.21µg (15.8%), Magnesium: 54.99mg (13.75%), Potassium: 403.82mg (11.54%), Calcium: 108.81mg (10.88%), Copper: 0.21mg (10.46%), Phosphorus: 98.95mg (9.89%), Vitamin B6: 0.18mg (9.24%), Iron: 1.27mg (7.06%), Vitamin B3: 1.37mg (6.86%), Vitamin B1: 0.1mg (6.48%), Vitamin B5: 0.63mg (6.33%), Zinc: 0.76mg (5.06%), Selenium: 1.25µg (1.78%)