



Kohl Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

- 1 tablespoon agave nectar
- 2 apples shredded crisp
- 1 tablespoon brown mustard seeds
- 4 carrots shredded
- 2 tablespoons cherry vinegar
- 1 teaspoon dijon mustard
- 4 servings salt and ground pepper black to taste
- 2 kohlrabi bulbs shredded peeled

1 tablespoon veganaise follow your heart® veganaise® (such as)

Equipment

bowl

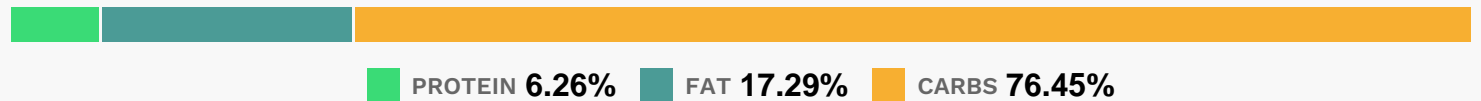
whisk

plastic wrap

Directions

Whisk vinegar, vegan mayonnaise, agave nectar, mustard seeds, Dijon mustard, salt, and pepper together in a bowl until dressing is smooth. Stir apples, kohlrabi, and carrots into dressing until evenly coated. Cover bowl with plastic wrap and refrigerate for flavors to blend, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:49.96, Glycemic Load:6.49, Inflammation Score:-10, Nutrition Score:13.904782518097%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.22mg, Epicatechin: 7.22mg, Epicatechin: 7.22mg, Epicatechin: 7.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 139.57kcal (6.98%), Fat: 2.89g (4.45%), Saturated Fat: 0.32g (2%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 21.87g (7.95%), Sugar: 18.87g (20.97%), Cholesterol: 0mg (0%), Sodium: 92.03mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.71%), Vitamin A: 10273.12IU (205.46%), Vitamin C: 55.74mg (67.56%), Fiber: 6.9g (27.59%), Potassium: 578.59mg (16.53%), Manganese: 0.26mg (12.95%), Vitamin B6: 0.25mg

(12.65%), Vitamin K: 11.68µg (11.12%), Copper: 0.16mg (7.96%), Magnesium: 29.61mg (7.4%), Phosphorus: 73.11mg (7.31%), Folate: 29.11µg (7.28%), Vitamin B1: 0.11mg (7.21%), Vitamin E: 1.01mg (6.76%), Vitamin B3: 1.06mg (5.31%), Vitamin B2: 0.09mg (5.14%), Calcium: 47.16mg (4.72%), Iron: 0.7mg (3.88%), Vitamin B5: 0.37mg (3.7%), Selenium: 2.15µg (3.07%), Zinc: 0.25mg (1.67%)