



Lone Star Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 tablespoon cilantro leaves fresh chopped
- 1 grapefruit
- 2 tablespoons grapefruit juice fresh
- 0.5 teaspoon 1/2 teaspoon grapefruit zest
- 0.8 cup pecans toasted chopped
- 6 servings simple slaw

Equipment

Directions

Prepare Simple Slaw as directed, stirring in grapefruit zest, grapefruit juice, grapefruit sections, toasted pecans, and chopped fresh cilantro.

Nutrition Facts

PROTEIN 5.25% **FAT 71.8%** **CARBS 22.95%**

Properties

Glycemic Index:26.5, Glycemic Load:1.31, Inflammation Score:-5, Nutrition Score:5.2456521495529%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 13.93mg, Naringenin: 13.93mg, Naringenin: 13.93mg, Naringenin: 13.93mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 114.71kcal (5.74%), Fat: 9.88g (15.19%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 5.06g (1.84%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 0.32mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Manganese: 0.62mg (31.22%), Vitamin C: 15.41mg (18.67%), Vitamin A: 504.21IU (10.08%), Copper: 0.18mg (8.88%), Fiber: 2.04g (8.16%), Vitamin B1: 0.11mg (7.27%), Magnesium: 20.99mg (5.25%), Phosphorus: 46.28mg (4.63%), Zinc: 0.65mg (4.36%), Potassium: 123.88mg (3.54%), Vitamin B6: 0.05mg (2.64%), Vitamin B5: 0.24mg (2.37%), Folate: 9.14µg (2.28%), Iron: 0.41mg (2.26%), Calcium: 19.99mg (2%), Vitamin B2: 0.03mg (1.86%), Vitamin E: 0.25mg (1.67%), Vitamin K: 1.44µg (1.37%), Vitamin B3: 0.27mg (1.33%)