



Minted Broccoli Slaw



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 12 ounce broccoli coleslaw
- ☐ 1 medium cucumber
- ☐ 0.3 cup honey
- ☐ 2 tablespoons mint leaves finely chopped
- ☐ 0.8 cup yogurt

Equipment

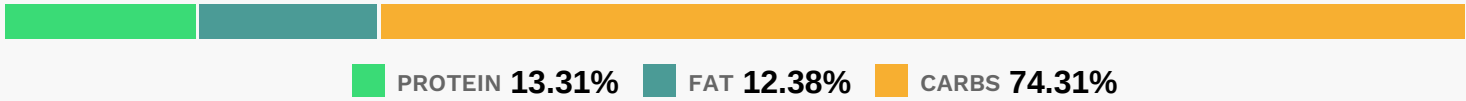
- ☐ bowl

whisk

Directions

- Grate cucumber into a large bowl.
- Add broccoli slaw and mint. Toss to combine and set aside.
- In a small bowl, whisk together yogurt, honey, and apple cider vinegar.
- Pour over slaw. Toss to mix thoroughly.

Nutrition Facts



Properties

Glycemic Index:31.57, Glycemic Load:9.65, Inflammation Score:-7, Nutrition Score:11.119130459817%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 125.6kcal (6.28%), Fat: 1.89g (2.91%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 24.99g (9.09%), Sugar: 20.26g (22.51%), Cholesterol: 5.97mg (1.99%), Sodium: 47.1mg (2.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin C: 82mg (99.4%), Folate: 73.91µg (18.48%), Manganese: 0.3mg (14.92%), Potassium: 446.67mg (12.76%), Vitamin B2: 0.19mg (11.39%), Phosphorus: 113.6mg (11.36%), Calcium: 111.31mg (11.13%), Vitamin A: 528.05IU (10.56%), Vitamin B6: 0.18mg (9.19%), Magnesium: 35.6mg (8.9%), Vitamin B5: 0.78mg (7.77%), Iron: 1.11mg (6.18%), Vitamin B1: 0.09mg (5.75%), Selenium: 3.79µg (5.41%), Zinc: 0.77mg (5.16%), Copper: 0.09mg (4.73%), Vitamin K: 3.71µg (3.53%), Vitamin B3: 0.66mg (3.32%), Vitamin B12: 0.17µg (2.83%), Fiber: 0.59g (2.38%)