



Orange-Walnut Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1 purée of usa bartlett pear firm chopped
- ☐ 16 oz coleslaw mix
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon honey
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon orange zest
- ☐ 8 servings salt and pepper black freshly ground to taste
- ☐ 1 tablespoon shallots minced

- ☐ 3 tablespoons sherry vinegar
- ☐ 0.8 cup roasted walnuts coarsely chopped

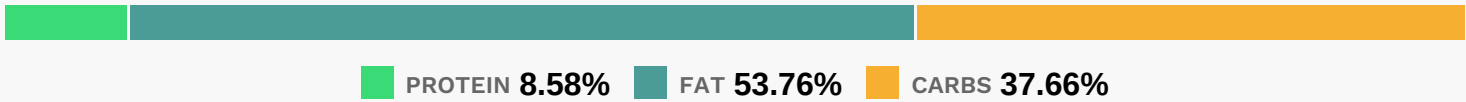
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together orange zest, orange juice, vinegar, minced shallot, honey, and Dijon mustard in a medium bowl. Stir in walnuts. Season with salt and freshly ground black pepper to taste. Toss walnut dressing with coleslaw mix and chopped pear.

Nutrition Facts



Properties

Glycemic Index:37.91, Glycemic Load:3.67, Inflammation Score:-3, Nutrition Score:8.022608731104%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 114.24kcal (5.71%), Fat: 7.29g (11.21%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 8.5g (3.09%), Sugar: 7.17g (7.97%), Cholesterol: 0mg (0%), Sodium: 18.33mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin K: 44.42µg (42.31%), Vitamin C: 26.23mg (31.8%), Manganese: 0.5mg (24.91%), Fiber: 2.98g (11.93%), Copper: 0.21mg (10.53%), Folate: 39.4µg (9.85%), Vitamin B6: 0.14mg (7.21%), Magnesium: 27.39mg (6.85%), Phosphorus: 58.65mg (5.86%), Vitamin B1: 0.08mg (5.6%), Potassium: 193.26mg (5.52%), Iron: 0.72mg (3.98%), Calcium: 38.48mg (3.85%), Zinc: 0.48mg (3.21%), Vitamin B2: 0.05mg (2.9%), Vitamin B5: 0.22mg (2.17%), Vitamin B3: 0.34mg (1.68%), Vitamin A: 81.58IU (1.63%), Selenium: 0.99µg (1.42%), Vitamin E: 0.2mg (1.31%)