



Packin' A Punch Broccoli Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- 2 cups broccoli slaw shredded
- 1 cup carrots shredded
- 0.3 cup cider vinegar
- 0.5 teaspoon kosher salt
- 1 lime zest juiced
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon cracked pepper black
- 1 jalapeño red minced seeded

- 0.5 medium onion red thinly sliced
- 0.5 teaspoon pepper flakes red
- 2 tablespoons sugar

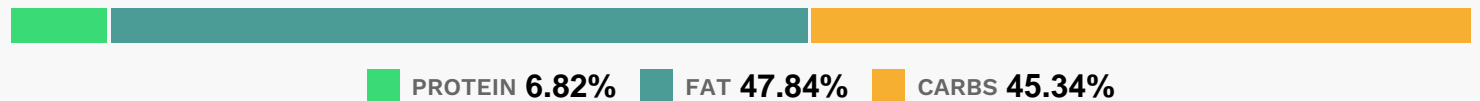
Equipment

- bowl
- sauce pan

Directions

- In a large serving bowl, combine the carrots, broccoli slaw, jalapeno and red onion. Set aside.
- In a small saucepan, add the vinegar, lime zest, lime juice, salt, sugar, red pepper flakes and the black pepper. Bring to a light boil over low heat.
- Remove from heat and allow to cool for a few minutes.
- Add the olive oil to the vinegar mixture, pour over the vegetables and toss together to combine. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:48.82, Glycemic Load:4.07, Inflammation Score:-10, Nutrition Score:9.1078261914461%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 86.88kcal (4.34%), Fat: 4.93g (7.59%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 9.32g (3.39%), Sugar: 5.76g (6.4%), Cholesterol: 0mg (0%), Sodium: 222.88mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin A: 3792.92IU (75.86%), Vitamin C: 43.65mg

(52.9%), Manganese: 0.18mg (9.17%), Folate: 34.04µg (8.51%), Potassium: 235.87mg (6.74%), Vitamin K: 6.5µg (6.19%), Vitamin E: 0.92mg (6.14%), Vitamin B6: 0.12mg (6.05%), Fiber: 1.2g (4.8%), Phosphorus: 39.56mg (3.96%), Vitamin B2: 0.07mg (3.91%), Magnesium: 15.14mg (3.78%), Iron: 0.6mg (3.34%), Calcium: 33.43mg (3.34%), Vitamin B1: 0.05mg (3.23%), Vitamin B5: 0.3mg (3.04%), Vitamin B3: 0.53mg (2.67%), Copper: 0.05mg (2.28%), Selenium: 1.33µg (1.9%), Zinc: 0.25mg (1.67%)