



Parsnip Slaw with Grapes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup yogurt plain fat-free
- 2 tablespoons flat-leaf parsley fresh chopped
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 0.3 cup mayonnaise light
- 3.5 cups parsnips shredded peeled
- 1 cup grapes red seedless halved

2 teaspoons sugar

Equipment

Directions

Combine all ingredients, tossing well.

Nutrition Facts



Properties

Glycemic Index:38.68, Glycemic Load:8.23, Inflammation Score:-4, Nutrition Score:9.0473912487859%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 110.4kcal (5.52%), Fat: 2.39g (3.68%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 17.86g (6.49%), Sugar: 10.21g (11.34%), Cholesterol: 1.7mg (0.57%), Sodium: 191.03mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin K: 48.17µg (45.87%), Manganese: 0.47mg (23.36%), Vitamin C: 17.79mg (21.57%), Fiber: 4.11g (16.43%), Folate: 57.12µg (14.28%), Potassium: 381.62mg (10.9%), Vitamin E: 1.43mg (9.51%), Phosphorus: 78.85mg (7.88%), Magnesium: 27.5mg (6.87%), Copper: 0.13mg (6.62%), Vitamin B1: 0.1mg (6.35%), Vitamin B5: 0.56mg (5.62%), Calcium: 53.9mg (5.39%), Vitamin B6: 0.1mg (5.04%), Vitamin B2: 0.08mg (4.87%), Zinc: 0.6mg (3.99%), Iron: 0.67mg (3.7%), Vitamin B3: 0.63mg (3.13%), Selenium: 2.05µg (2.93%), Vitamin A: 136.93IU (2.74%), Vitamin B12: 0.06µg (1.04%)