



Peach-Ginger Slaw



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 16 oz coleslaw mix shredded
- ☐ 1 teaspoon ginger fresh grated
- ☐ 3 tablespoons pepper jelly
- ☐ 2 cups peaches fresh unpeeled coarsely chopped
- ☐ 1 cup pecans chopped
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 tablespoon sesame oil

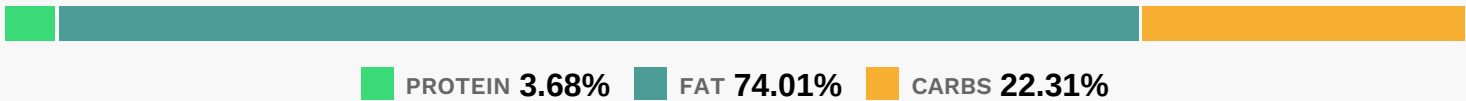
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 10 to 12 minutes or until toasted and fragrant, stirring halfway through. Cool completely (about 10 minutes).
- ☐ Meanwhile, microwave jelly in a large microwave-safe bowl at HIGH 15 seconds.
- ☐ Whisk in vinegar and next 2 ingredients until blended. Gradually add canola oil in a slow, steady stream, whisking constantly until well blended.
- ☐ Add coleslaw mix, and toss to coat. Gently stir in peaches. Stir in pecans; add salt to taste.
- ☐ Serve immediately, or cover and chill up to 8 hours, stirring in pecans and salt to taste just before serving.

Nutrition Facts



Properties

Glycemic Index:26.78, Glycemic Load:5.02, Inflammation Score:-4, Nutrition Score:9.696956437567%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg, Epicatechin: 1.01mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg 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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 244.95kcal (12.25%), Fat: 21.06g (32.4%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 10.9g (3.96%), Sugar: 9.23g (10.26%), Cholesterol: 0mg (0%), Sodium: 17.8mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin K: 51.62µg (49.16%), Manganese: 0.74mg (36.76%), Vitamin C: 23.15mg (28.06%), Vitamin E: 2.22mg (14.83%), Fiber: 3.39g (13.56%), Copper: 0.21mg (10.64%), Vitamin B1: 0.14mg (9%), Folate: 30.54µg (7.64%), Magnesium: 26.86mg (6.71%), Phosphorus: 62.78mg (6.28%), Potassium: 206.19mg (5.89%), Vitamin B6: 0.11mg (5.52%), Zinc: 0.81mg (5.43%), Iron: 0.78mg (4.35%), Vitamin A: 188.71IU (3.77%), Calcium: 35.78mg (3.58%), Vitamin B2: 0.06mg (3.42%), Vitamin B3: 0.61mg (3.03%), Vitamin B5: 0.3mg (2.99%), Selenium: 1.69µg (2.41%)