



## Quick Veggie Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



7

CALORIES



77 kcal

SIDE DISH

### Ingredients

- 0.3 cup apple juice
- 16 ounce broccoli slaw
- 0.5 cup cider vinegar
- 1 green onion chopped
- 0.3 teaspoon pepper
- 1 delicious apple red
- 0.3 teaspoon salt
- 0.3 cup sugar

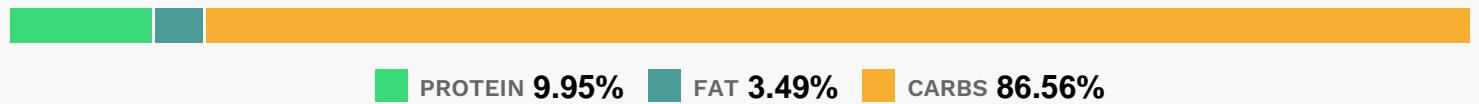
# Equipment

bowl

# Directions

- Combine 1 (16-ounce) package broccoli slaw, 1 Red Delicious apple, chopped, and 1 green onion, chopped, in a large bowl.
- Combine 1/2 cup cider vinegar, 1/4 cup apple juice, 1/3 cup sugar, 1/4 teaspoon salt, and 1/4 teaspoon pepper, stirring well.
- Pour vinegar mixture over slaw mixture, and toss.
- Serve immediately, or cover and chill.

# Nutrition Facts



# Properties

Glycemic Index:35.26, Glycemic Load:8.1, Inflammation Score:-5, Nutrition Score:7.0882608579553%

# Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

# Nutrients (% of daily need)

Calories: 76.72kcal (3.84%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 17.1g (6.22%), Sugar: 13.17g (14.63%), Cholesterol: 0mg (0%), Sodium: 102.4mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Vitamin C: 61.99mg (75.14%), Folate: 47.9µg (11.97%), Manganese: 0.22mg (10.95%), Potassium: 265.71mg (7.59%), Vitamin B6: 0.12mg (5.83%), Vitamin A: 290.81IU (5.82%), Vitamin B2: 0.09mg (5.22%), Phosphorus: 48.36mg (4.84%), Magnesium: 19.26mg (4.82%), Vitamin K: 4.24µg (4.04%), Iron: 0.68mg (3.8%), Vitamin B5: 0.37mg (3.69%), Calcium: 36.26mg (3.63%), Vitamin B1: 0.05mg (3.29%), Selenium: 2.04µg (2.92%), Fiber: 0.7g (2.82%), Vitamin B3: 0.45mg (2.27%), Copper: 0.04mg (2.09%), Zinc:

0.29mg (1.91%)