



Radish Slaw with Creamy Dill Dressing



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups carrots shredded
- ☐ 1 teaspoon mustard dry
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 4 cups radishes shredded 40 radishes
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 2 cups bell pepper yellow finely chopped

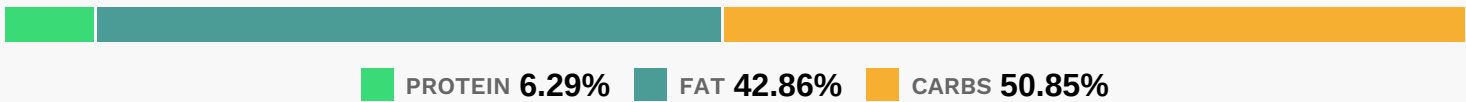
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a large bowl.
- ☐ Combine mayonnaise and remaining ingredients, stirring with a whisk.
- ☐ Drizzle dressing over slaw; toss well to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.59, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:9.1113042157629%

Flavonoids

Pelargonidin: 29.29mg, Pelargonidin: 29.29mg, Pelargonidin: 29.29mg, Pelargonidin: 29.29mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 54.93kcal (2.75%), Fat: 2.72g (4.18%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 5.66g (2.06%), Sugar: 2.98g (3.32%), Cholesterol: 1.79mg (0.6%), Sodium: 241.16mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 62.75mg (76.06%), Vitamin A: 3281.94IU (65.64%), Vitamin K: 9.33µg (8.88%), Potassium: 240.51mg (6.87%), Fiber: 1.6g (6.39%), Folate: 23.84µg (5.96%), Manganese: 0.12mg (5.75%), Vitamin B6: 0.11mg (5.54%), Copper: 0.07mg (3.45%), Magnesium: 11.8mg (2.95%), Vitamin B3: 0.58mg (2.92%), Phosphorus: 26.91mg (2.69%), Vitamin E: 0.38mg (2.55%), Calcium: 23.2mg (2.32%), Iron: 0.41mg (2.3%), Vitamin B2: 0.04mg (2.21%), Vitamin B1: 0.03mg (1.95%), Vitamin B5: 0.19mg (1.89%), Zinc: 0.25mg (1.66%), Selenium: 1.1µg (1.58%)