



Rainbow Chard Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup blueberries dried unsweetened
- ☐ 0.3 cup carrots shredded
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 cup hemp seeds raw

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 cup macadamia nuts (macadamia-nut oil gives this salad a unique flavor)
- ☐ 1 tablespoon oregano dried fresh finely chopped
- ☐ 1 cup cabbage shredded
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 cup slivered almonds raw chopped for 4 to 6 hours, time permitting (I like to soak them)
- ☐ 3 cups swiss chard shredded finely chopped

Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Combine chard, cabbage, carrot, and nuts in a large bowl.
- ☐ In a small mixing bowl, combine oil, vinegar, Vegenaïse, allspice, cinnamon, nutmeg, oregano, basil, pepper, salt, and sweetener.
- ☐ Whisk until mixture is blended well.
- ☐ Toss with salad mix.
- ☐ Allow salad to refrigerate for 30 minutes prior to serving, if possible, so flavors can marry. (This salad actually tastes better the following day, after the flavors marry and the chard has a chance to absorb some of the dressing.)
- ☐ Top with hemp seeds and dried blueberries.
- ☐ NUTRITIONAL INFORMATION PER SERVING: 236 calories, 23g protein, 10.2g carbohydrates, 2.9g fiber, 4.4g sugar, 12g fat, 1.4g saturated fat, 49mg cholesterol, 153mg sodium
- ☐ The Omni Diet
- ☐ Reprinted with permission from The Omni Diet: The Revolutionary 70% Plant + 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation, and Change Your Life Forever by Tana Amen, B.S.N., R.N. Copyright © 2013 by Tana Amen, B.S.N., R.N. Published by St. Martin's Press.

Nutrition Facts

 **PROTEIN 12.48%**  **FAT 55.2%**  **CARBS 32.32%**

Properties

Glycemic Index:37.23, Glycemic Load:0.54, Inflammation Score:-9, Nutrition Score:12.62391303674%

Flavonoids

Cyanidin: 23.51mg, Cyanidin: 23.51mg, Cyanidin: 23.51mg, Cyanidin: 23.51mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 152.24kcal (7.61%), Fat: 9.74g (14.99%), Saturated Fat: 1g (6.24%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 9.08g (3.3%), Sugar: 6.56g (7.29%), Cholesterol: 0mg (0%), Sodium: 110.72mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin K: 129.41µg (123.25%), Vitamin A: 1666.11IU (33.32%), Manganese: 0.52mg (25.94%), Fiber: 3.75g (14.98%), Vitamin E: 2.21mg (14.76%), Iron: 2.5mg (13.91%), Vitamin C: 10.75mg (13.03%), Phosphorus: 124.33mg (12.43%), Magnesium: 42.63mg (10.66%), Vitamin B2: 0.13mg (7.53%), Potassium: 255.92mg (7.31%), Copper: 0.15mg (7.3%), Calcium: 71.82mg (7.18%), Vitamin B1: 0.1mg (6.94%), Vitamin B6: 0.08mg (3.84%), Vitamin B3: 0.7mg (3.5%), Folate: 11.22µg (2.81%), Zinc: 0.41mg (2.7%), Vitamin B5: 0.12mg (1.25%)