



Red Chile and Pecan Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar (or rice wine)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon chili powder dark
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon cumin seeds
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic
- ☐ 1 small bell pepper green cored seeded thinly sliced

- ☐ 0.3 pound cabbage shredded green
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno diced seeded
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup pecans
- ☐ 1 small bell pepper red cored seeded thinly sliced
- ☐ 0.3 pound cabbage shredded red
- ☐ 0.5 shallots chopped
- ☐ 0.3 cup thai chile sauce sweet such as mae ploy
- ☐ 32 ounces nonfat vegetable stock divided
- ☐ 1 small bell pepper yellow cored seeded thinly sliced

Equipment

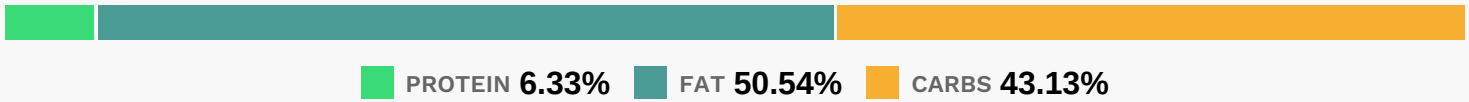
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Stir 1/2 cup vegetable stock with cornstarch in a measuring cup until blended. Bring remaining 28 ounces stock to a boil in a medium saucepan over high heat. Reduce heat to a simmer and slowly whisk in stock-cornstarch mixture. Stir rapidly until stock is the consistency of olive oil. (It should cling to the back of a spoon.) Cool to room temperature, skim off and discard any film on top.

- ☐ Place cumin seeds in a dry sauté pan over medium–high heat. Stir until aroma of seeds is released, about 1 minute.
- ☐ Blend 1/4 cup stock in a blender with cumin seeds and remaining dressing ingredients until smooth. (Refrigerate or freeze leftover stock.)
- ☐ Heat oven to 350°F.
- ☐ Combine pecans, chili powder and oil in a mixing bowl; toss to coat pecans.
- ☐ Place nuts on a cookie sheet and roast until the aroma of the chili powder is released, 3 to 4 minutes.
- ☐ Combine dressing and slaw ingredients in a bowl. Cover and refrigerate until ready to serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:94.75, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:14.536086818446%

Flavonoids

Cyanidin: 60.22mg, Cyanidin: 60.22mg, Cyanidin: 60.22mg, Cyanidin: 60.22mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 149.54kcal (7.48%), Fat: 8.86g (13.63%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 13.54g (4.92%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 930.35mg (40.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin C: 127.08mg (154.04%), Vitamin K: 45.73µg (43.55%), Vitamin A: 1883.49IU (37.67%), Manganese: 0.63mg (31.3%), Vitamin B6: 0.31mg (15.39%), Fiber: 3.47g (13.89%), Potassium: 351.07mg (10.03%), Folate: 39.55µg (9.89%), Vitamin E: 1.4mg (9.32%), Iron: 1.59mg (8.82%), Copper: 0.17mg (8.42%), Vitamin B1: 0.13mg (8.41%), Magnesium: 30.9mg (7.73%), Phosphorus: 63.31mg (6.33%), Vitamin

B2: 0.09mg (5.05%), Calcium: 49.53mg (4.95%), Vitamin B3: 0.93mg (4.66%), Zinc: 0.64mg (4.3%), Vitamin B5: 0.31mg (3.14%), Selenium: 1.03µg (1.48%)