



WHATSheATE



HEALTH SCORE

100%

Southern-Style Slaw with Pecans and Maple-Dijon Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



1209 kcal

SIDE DISH

Ingredients



0.3 cup apple cider vinegar



1.5 tablespoons dijon mustard



6 cups suya seasoning mix shredded prepared



2.5 tablespoons maple syrup pure



0.5 cup pecans toasted chopped



0.5 teaspoon pepper



1 bell pepper red finely sliced

- ☐ 0.5 teaspoon salt
- ☐ 5 spring onion white green finely sliced
- ☐ 0.3 cup vegetable oil

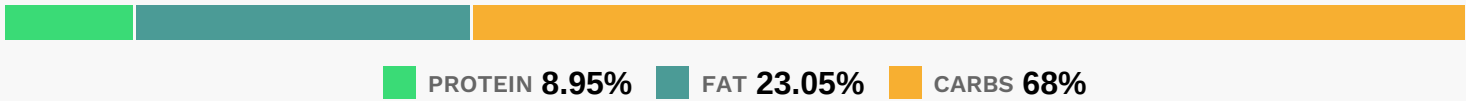
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together the Dijon mustard, maple syrup, vinegar, salt and pepper. Slowly drizzle the oil into the bowl, whisking constantly.
- ☐ Add the coleslaw, bell pepper, scallions and chopped pecans to the bowl and toss with the dressing. Taste and adjust seasoning if desired. Cover and refrigerate for at least 20 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:8.53, Inflammation Score:-10, Nutrition Score:73.269130209218%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 1208.51kcal (60.43%), Fat: 38.94g (59.91%), Saturated Fat: 8.46g (52.9%), Carbohydrates: 258.39g (86.13%), Net Carbohydrates: 104.94g (38.16%), Sugar: 24.29g (26.98%), Cholesterol: 0mg (0%), Sodium: 446.79mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.05%), Vitamin K: 2264.84µg

(2156.99%), Manganese: 18.76mg (937.99%), Iron: 131.45mg (730.3%), Fiber: 153.45g (613.81%), Calcium: 5709.39mg (570.94%), Vitamin E: 66.68mg (444.54%), Magnesium: 987.74mg (246.94%), Folate: 867.79µg (216.95%), Vitamin B6: 3.83mg (191.7%), Vitamin A: 7130.56IU (142.61%), Potassium: 4682.4mg (133.78%), Vitamin B2: 2.09mg (123.04%), Copper: 2.44mg (121.82%), Vitamin B3: 17.04mg (85.2%), Zinc: 10.43mg (69.53%), Vitamin C: 49.23mg (59.68%), Phosphorus: 583.92mg (58.39%), Vitamin B1: 0.76mg (50.77%), Vitamin B5: 3.51mg (35.12%), Selenium: 18.55µg (26.5%)