



Squash and Root Vegetable Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 2 apples cored peeled quartered cut into matchstick-size pieces
- ☐ 1.5 cups butternut squash raw shredded
- ☐ 1.5 cups celery root raw shredded
- ☐ 1 cup flat parsley
- ☐ 8 servings juice of lemon fresh

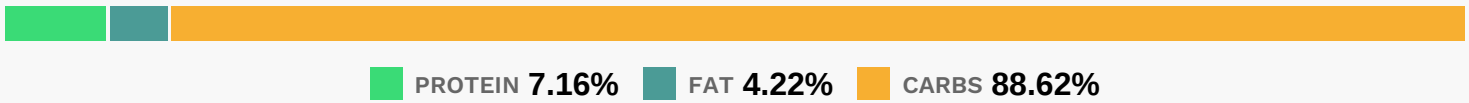
Equipment

- ☐ bowl

Directions

- ☐ Combine 1 1/2 cups each shredded rawkabocha or butternut squash, rutabaga,and sweet potato in a large resealableplastic bag.
- ☐ Place 1 1/2 cups shredded rawcelery root in a large bowl of water with asqueeze of fresh lemon juice to preventbrowning; cover. Chill shredded vegetablesovernight.
- ☐ Drain celery root.
- ☐ Transfershredded vegetables to a large bowl.
- ☐ Add2 peeled, quartered, cored apples cutinto matchstick–size pieces (we lovecrisp, balanced Fuji).
- ☐ Add 1 cup flat–leafparsley leaves and 1/2 cup 1" pieceschives.
- ☐ Add 3/4 cup Granny Smith Apple
- ☐ Cider Vinaigrette; toss to coat.
- ☐ Add morevinaigrette, if desired. Season with koshersalt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:2.49, Inflammation Score:–9, Nutrition Score:12.129999870839%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 16.86mg, Apigenin: 16.86mg, Apigenin: 16.86mg, Apigenin: 16.86mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 53.76kcal (2.69%), Fat: 0.29g (0.44%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 11.11g (4.04%), Sugar: 6.22g (6.91%), Cholesterol: 0mg (0%), Sodium: 35.1mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin K: 136.28µg (129.79%), Vitamin A: 3447.65IU (68.95%), Vitamin C: 25.73mg (31.18%), Fiber: 2.44g (9.74%), Potassium: 285.83mg (8.17%), Manganese: 0.13mg (6.45%), Folate: 25.19µg (6.3%), Vitamin B6: 0.12mg (6.05%), Magnesium: 21.7mg (5.43%), Phosphorus: 52.85mg (5.29%), Iron: 0.92mg (5.11%), Vitamin E: 0.64mg (4.29%), Calcium: 39.16mg (3.92%), Vitamin B1: 0.06mg (3.91%), Vitamin B3: 0.67mg (3.37%), Copper: 0.07mg (3.26%), Vitamin B5: 0.29mg (2.85%), Vitamin B2: 0.04mg (2.6%), Zinc: 0.24mg (1.61%)