



Squash and Root Vegetable Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



55 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
- ☐ 0.5 cup " pieces chives
- ☐ 1 cup flat-leaf parsley leaves
- ☐ 8 servings juice of lemon fresh

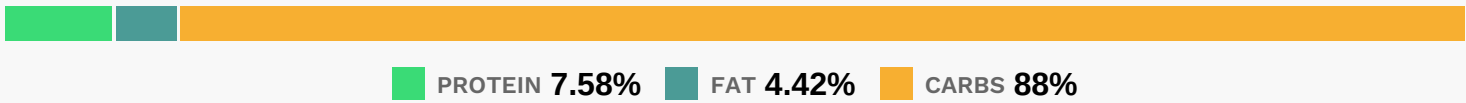
Equipment

- ☐ 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:18, Glycemic Load:2.51, Inflammation Score:-9, Nutrition Score:12.449999791125%

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 Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 54.51kcal (2.73%), Fat: 0.3g (0.47%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 11.16g (4.06%), Sugar: 6.27g (6.96%), Cholesterol: 0mg (0%), Sodium: 35.18mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin K: 141.61µg (134.86%), Vitamin A: 3556.47IU (71.13%), Vitamin C: 27.18mg (32.94%), Fiber: 2.5g (9.99%), Potassium: 293.23mg (8.38%), Folate: 27.82µg (6.95%), Manganese: 0.14mg (6.91%), Vitamin B6: 0.12mg (6.22%), Magnesium: 22.75mg (5.69%), Phosphorus: 54.31mg (5.43%), Iron: 0.96mg (5.33%), Vitamin E: 0.65mg (4.33%), Calcium: 41.46mg (4.15%), Vitamin B1: 0.06mg (4.04%), Copper: 0.07mg (3.46%), Vitamin B3: 0.69mg (3.45%), Vitamin B5: 0.29mg (2.93%), Vitamin B2: 0.05mg (2.77%), Zinc: 0.26mg (1.71%)