

Stone Fruit Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon curry powder
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1.5 pound nectarines assorted firm julienned (5; such as plums, nectarines, peaches, or apricots)
- ☐ 6 servings pepper black freshly ground
- ☐ 2 teaspoons brown sugar light packed ()
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 spring onion thinly sliced
- ☐ 1 tablespoon rice vinegar

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1 tablespoon vegetable oil

Equipment

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bowl

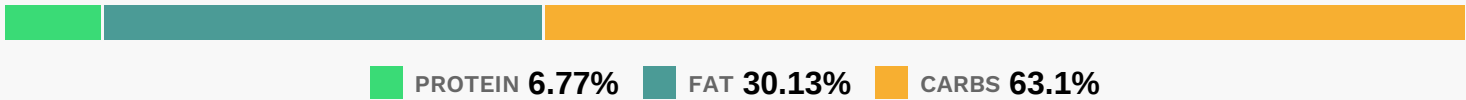
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whisk

Directions

- ☐ Whisk first 6 ingredients in a medium bowl.
- ☐ Add fruit and scallions; toss gently to coat.Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:3.85, Inflammation Score:-4, Nutrition Score:3.7095652404039%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 72.66kcal (3.63%), Fat: 2.62g (4.03%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 10.46g (3.8%), Sugar: 10.36g (11.51%), Cholesterol: 0mg (0%), Sodium: 16.71mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin K: 15.01µg (14.29%), Vitamin A: 430.08IU (8.6%), Fiber: 1.9g (7.58%), Vitamin B3: 1.31mg (6.55%), Vitamin E: 0.94mg (6.25%), Copper: 0.1mg (5.11%), Vitamin C: 4.11mg (4.98%), Potassium: 169.69mg (4.85%), Manganese: 0.09mg (4.48%), Phosphorus: 32.09mg (3.21%), Magnesium: 12.1mg (3.02%), Vitamin B1: 0.04mg (2.76%), Iron: 0.46mg (2.55%), Folate: 9.66µg (2.42%), Vitamin B5: 0.22mg (2.19%), Vitamin B2: 0.04mg (2.06%), Vitamin B6: 0.04mg (1.77%), Zinc: 0.26mg (1.76%)