



Sunny's Apple-Chicken Ranch Slaw

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



439 kcal

SIDE DISH

Ingredients

- 0.5 cup apple cider vinegar
- 1 cup carrots grated
- 2 teaspoons celery seed
- 1 cup golden raisins
- 2 apples shredded green
- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 1 head cabbage shredded red

- 0.5 cup onion red chopped
- 1 rotisserie chicken cut shredded skinless chopped
- 0.5 cup dressing hidden valley® original ranch®
- 2 tablespoons sugar

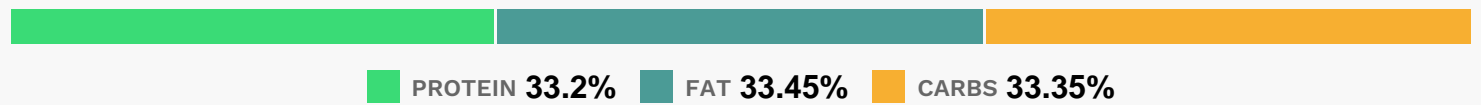
Equipment

- bowl
- whisk

Directions

- Mix and rest. In a large bowl, whisk together vinegar and sugar until dissolved. Stir in Hidden Valley Original Ranch Dressing and celery seed. Taste and season with salt and pepper.
- Add chicken, cabbage, carrots, apples, red onion and raisins. Toss well to combine then cover and let sit at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:14.06, Inflammation Score:-10, Nutrition Score:26.691739165265%

Flavonoids

Cyanidin: 220.77mg, Cyanidin: 220.77mg, Cyanidin: 220.77mg, Cyanidin: 220.77mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg 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 Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 4mg, Luteolin: 4mg, Luteolin: 4mg, Luteolin: 4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 438.76kcal (21.94%), Fat: 16.84g (25.92%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 33.06g (12.02%), Sugar: 27.03g (30.03%), Cholesterol: 113.21mg (37.74%), Sodium: 586.13mg (25.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.22%), Vitamin A: 3900.39IU (78.01%), Vitamin C: 64.32mg (77.96%), Vitamin B3: 12.87mg (64.33%), Selenium: 40.79µg (58.27%), Vitamin K: 58.4µg (55.62%), Phosphorus: 383.66mg (38.37%), Vitamin B6: 0.73mg (36.32%), Potassium: 884.57mg (25.27%), Manganese: 0.49mg (24.26%), Vitamin B5: 2.02mg (20.16%), Fiber: 4.72g (18.89%), Vitamin B2: 0.3mg (17.86%), Magnesium: 63.11mg (15.78%), Vitamin B1: 0.2mg (13.29%), Vitamin E: 1.99mg (13.27%), Iron: 2.22mg (12.32%), Zinc: 1.52mg (10.14%), Folate: 39.62µg (9.9%), Calcium: 95.74mg (9.57%), Copper: 0.17mg (8.49%), Vitamin B12: 0.35µg (5.83%)