



Sweet Broccoli Slaw with Cranberries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- 3 cups broccoli slaw
- 2 teaspoons apple cider vinegar
- 0.3 cup cranberries dried
- 0.5 pound gala apple chopped
- 0.3 cup onion light sweet (such as Ken's Steak House Lite)

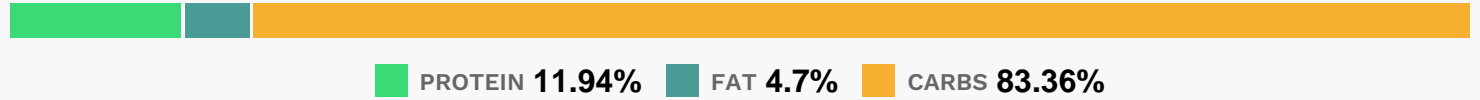
Equipment

- bowl
- whisk

Directions

- Combine dressing and cider vinegar in a large bowl, stirring with a whisk.
- Add coleslaw, apple, and cranberries; toss well to coat. Top evenly with pecans, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.08, Inflammation Score:-6, Nutrition Score:9.4386957106383%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 80.27kcal (4.01%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 17.46g (6.35%), Sugar: 11.91g (13.23%), Cholesterol: 0mg (0%), Sodium: 24.75mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin C: 82.09mg (99.5%), Folate: 64.17µg (16.04%), Manganese: 0.25mg (12.39%), Potassium: 353.54mg (10.1%), Vitamin B6: 0.17mg (8.69%), Fiber: 1.85g (7.41%), Vitamin A: 369.72IU (7.39%), Vitamin B2: 0.12mg (7.04%), Phosphorus: 65.68mg (6.57%), Magnesium: 25.35mg (6.34%), Vitamin B5: 0.51mg (5.14%), Iron: 0.87mg (4.86%), Calcium: 46.94mg (4.69%), Vitamin B1: 0.07mg (4.65%), Selenium: 2.64µg (3.77%), Vitamin B3: 0.65mg (3.24%), Copper: 0.06mg (3.2%), Zinc: 0.38mg (2.56%), Vitamin K: 1.85µg (1.76%), Vitamin E: 0.26mg (1.75%)