



Tangy Apple Fennel Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 3 apples i use 2 granny smith apples thinly sliced
- ☐ 1 fennel bulb thinly sliced
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon horseradish cream-style prepared
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon honey
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper

☐ 1 serving lemon zest

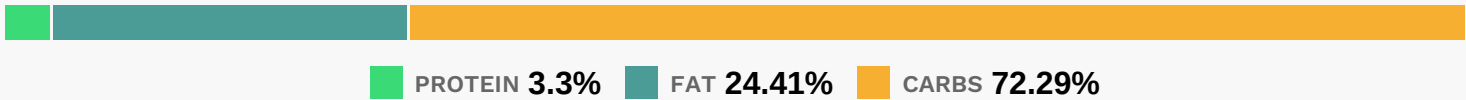
Equipment

☐ bowl

Directions

- ☐ In large bowl, place apples and fennel.
- ☐ In small bowl, mix lemon juice, horseradish, oil, honey, salt and pepper until blended.
- ☐ Pour over apples and fennel; toss to coat.
- ☐ Garnish with lemon peel.

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:4.63, Inflammation Score:-3, Nutrition Score:4.6917391367581%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 87.14kcal (4.36%), Fat: 2.61g (4.01%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 13.86g (5.04%), Sugar: 12.41g (13.79%), Cholesterol: 0mg (0%), Sodium: 128.79mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.59%), Vitamin K: 28µg (26.67%), Vitamin C: 13.47mg (16.33%), Fiber: 3.52g (14.09%), Potassium: 276.71mg (7.91%), Manganese: 0.12mg (5.86%), Vitamin E: 0.74mg (4.95%), Folate: 16.75µg (4.19%), Magnesium: 12.57mg (3.14%), Vitamin B6: 0.06mg (3.13%), Phosphorus: 31.21mg (3.12%), Copper:

0.05mg (2.72%), Calcium: 26.96mg (2.7%), Iron: 0.44mg (2.42%), Vitamin B2: 0.04mg (2.28%), Vitamin A: 102.3IU (2.05%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.16mg (1.63%), Vitamin B1: 0.02mg (1.47%)