



The Other Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- 1.5 cups broccoli stems shredded peeled
- 1.5 cups carrots shredded peeled
- 3 tablespoons cilantro leaves fresh chopped
- 1 clove garlic minced pressed
- 1 teaspoons jalapeño chili fresh minced
- 0.3 cup juice of lime
- 3 tablespoons onion red chopped
- 2 tablespoons salad oil

- 6 servings salt and pepper
- 0.5 teaspoon sugar
- 1.5 cups zucchini shredded

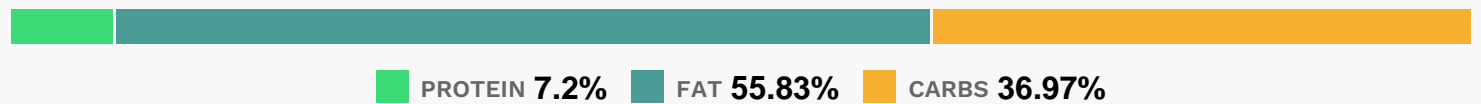
Equipment

- bowl

Directions

- In a bowl, mix lime juice, oil, onion, cilantro, sugar, garlic, and chili to taste.
- Add kohlrabi, carrots, and zucchini.
- Mix and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:47.49, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:10.869565150012%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 73.96kcal (3.7%), Fat: 4.94g (7.61%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 5.42g (1.97%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 226.22mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin A: 5572.65IU (111.45%), Vitamin C: 31.65mg (38.37%), Vitamin K: 32.19µg (30.65%), Vitamin E: 1.3mg (8.63%), Manganese: 0.17mg (8.28%), Potassium: 277.09mg (7.92%), Fiber: 1.94g (7.77%), Vitamin B6: 0.15mg (7.65%), Folate: 29.7µg (7.43%), Vitamin B2: 0.08mg (4.58%), Phosphorus: 41.44mg (4.14%), Magnesium: 15.65mg (3.91%), Vitamin B1: 0.06mg (3.8%), Vitamin B3: 0.63mg (3.16%), Vitamin B5: 0.3mg (3.02%), Calcium: 29.68mg (2.97%), Copper: 0.05mg (2.44%), Iron: 0.41mg (2.26%), Zinc: 0.29mg (1.94%), Selenium: 0.76µg (1.08%)