



Three-Pepper Slaw with Chipotle Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons chili powder
- ☐ 2 teaspoons chipotle chilies canned minced
- ☐ 3 tablespoons mayonnaise fat-free
- ☐ 5 garlic cloves
- ☐ 1 large bell pepper green cut into thin strips
- ☐ 2 tablespoons honey
- ☐ 12 ounces jicama peeled cut into thin strips
- ☐ 5 tablespoons juice of lemon fresh

- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 large bell pepper red cut into thin strips
- ☐ 1 large bell pepper yellow cut into thin strips

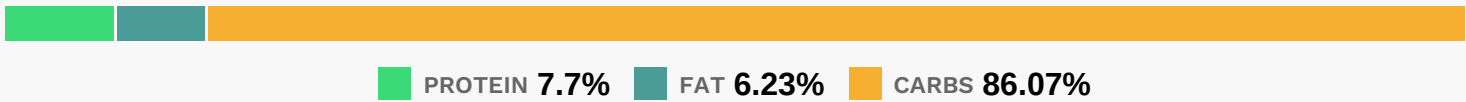
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Purée first 6 ingredients in blender. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Toss bell peppers, jicama and dressing in large bowl to coat. Season slaw with salt. Cover and refrigerate until vegetables soften slightly but are still crunchy, about 4 hours.
- ☐ Mix chopped parsley into coleslaw.
- ☐ Serve at room temperature.
- ☐ Per serving: calories, 48; total fat, 1 g; saturated fat, 0; cholesterol,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:21.41, Glycemic Load:3.02, Inflammation Score:-8, Nutrition Score:10.832608622053%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 63.1kcal (3.16%), Fat: 0.48g (0.74%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 11.21g (4.08%), Sugar: 7.78g (8.65%), Cholesterol: 0.47mg (0.16%), Sodium: 54.2mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin C: 101.54mg (123.08%), Vitamin K: 45.37µg (43.21%), Vitamin A: 1095.65IU (21.91%), Fiber: 3.81g (15.26%), Vitamin B6: 0.2mg (10.07%), Manganese: 0.15mg (7.44%), Folate: 28.57µg (7.14%), Potassium: 235.85mg (6.74%), Vitamin E: 0.77mg (5.17%), Iron: 0.81mg (4.49%), Copper: 0.08mg (3.99%), Magnesium: 15.45mg (3.86%), Vitamin B3: 0.7mg (3.48%), Vitamin B2: 0.05mg (3.15%), Vitamin B1: 0.05mg (3.12%), Phosphorus: 29.33mg (2.93%), Vitamin B5: 0.22mg (2.22%), Calcium: 20.42mg (2.04%), Zinc: 0.27mg (1.79%), Selenium: 0.8µg (1.14%)