



White Balsamic-Jicama Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



283 kcal

SIDE DISH

Ingredients

- 0.3 cup canola oil
- 3 medium carrots grated
- 0.3 cup dijon mustard
- 0.8 cup cranberries dried
- 1 tablespoon fennel seeds
- 1 tablespoon garlic clove minced
- 2 apples i use 2 granny smith apples cored peeled cut into large matchsticks
- 1 bunch spring onion chopped

- 3 tablespoons honey
- 1.5 pounds jicama peeled cut into large matchsticks
- 2 tablespoons juice of lime freshly squeezed (1 medium lime)
- 1 cup mayonnaise
- 2.5 pounds napa cabbage
- 0.5 cup balsamic vinegar white

Equipment

- food processor
- bowl
- whisk

Directions

- Trim off the cabbage's root end, thinly slice crosswise, then chop into pieces that can be easily picked up with a fork.
- Combine the cabbage, carrots, jicama, green onions, apples, and dried currants in a large bowl.
- Vigorously whisk together the garlic, lime juice, honey, oil, mustard, balsamic vinegar, and mayonnaise in a medium bowl until the dressing is thoroughly combined.
- Whisk in the fennel seeds and pour the dressing over the cabbage mixture. Stir until the dressing evenly covers the slaw. The slaw will be a little soupy, which is just the way I like it. Cover and refrigerate for at least 1 hour or until ready to serve.
- Tip
- Instead of by hand, you can mix the dressing in a food processor fitted with the metal blade, which will save you the hassle of chopping up garlic (you add it whole). You cannot, however, escape the slight hassle of peeling off the papery skin and slicing off the tips of each clove.
- Variation
- For those who plan to wear their summer shorts short, you can lighten the dressing: for the 1 cup mayonnaise, substitute 1/4 cup reduced-fat mayonnaise plus 3/4 cup nonfat or low-fat yogurt.
- Bakery and Café since 199

Nutrition Facts

PROTEIN 3.3% FAT 59.35% CARBS 37.35%

Properties

Glycemic Index:31.01, Glycemic Load:5.86, Inflammation Score:-9, Nutrition Score:15.369999776716%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg 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: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 282.67kcal (14.13%), Fat: 19.3g (29.69%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 21.35g (7.76%), Sugar: 17.9g (19.89%), Cholesterol: 7.84mg (2.61%), Sodium: 201.15mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin K: 81.96µg (78.06%), Vitamin A: 2914.2IU (58.28%), Vitamin C: 40.76mg (49.41%), Fiber: 5.98g (23.91%), Folate: 88.22µg (22.05%), Manganese: 0.35mg (17.73%), Vitamin B6: 0.3mg (14.93%), Vitamin E: 2.15mg (14.35%), Potassium: 440.66mg (12.59%), Calcium: 104.02mg (10.4%), Magnesium: 29.49mg (7.37%), Phosphorus: 63.19mg (6.32%), Iron: 1.1mg (6.12%), Vitamin B2: 0.1mg (5.65%), Vitamin B1: 0.08mg (5.47%), Copper: 0.1mg (5.14%), Selenium: 3.37µg (4.81%), Vitamin B3: 0.79mg (3.97%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.31mg (3.12%)