



HEALTH SCORE

84%

Winter Root Vegetable Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**248 kcal**

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup red wine vinegar
- ☐ 1 cup parsley loosely packed chopped
- ☐ 0.7 cup olive oil extra virgin
- ☐ 2 large carrots canned (choose different colored carrots if you can find them)
- ☐ 2 medium parsnips

- ☐ 1 small celery root
- ☐ 2 radishes black

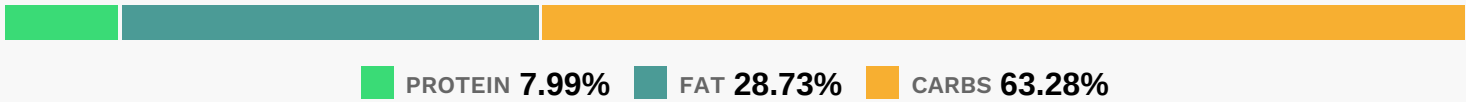
Equipment

- ☐ bowl
- ☐ blender
- ☐ peeler
- ☐ grater

Directions

- ☐ Put the mustard, salt, sugar, vinegar and parsley in a blender and process until combined, about 30 seconds. Scrape down the sides of the blender, cover and process at its slowest setting.
- ☐ Drizzle in the olive oil slowly. When it is all in, move the blender to its highest setting and puree for about 90 seconds.
- ☐ Shred the root vegetables: Peel all the vegetables except for the radishes, if you are using black ones. The slivers of black in the salad look cool, so I leave them in.
- ☐ Using a vegetable peeler or a coarse grater, slice shreds off the vegetables into a bowl. Try to keep the shreds roughly the same length if you can.
- ☐ Toss shredded vegetables with vinaigrette: To finish, toss some of the vinaigrette with the shredded vegetables and let stand in the fridge for at least 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:74.98, Glycemic Load:12.83, Inflammation Score:-10, Nutrition Score:29.963478420092%

Flavonoids

Apigenin: 36.27mg, Apigenin: 36.27mg, Apigenin: 36.27mg, Apigenin: 36.27mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 1.18mg, Quercetin:

1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 248.05kcal (12.4%), Fat: 8.34g (12.83%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 30.34g (11.03%), Sugar: 13.39g (14.88%), Cholesterol: 0mg (0%), Sodium: 835.45mg (36.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Vitamin K: 339.67µg (323.5%), Vitamin A: 7278.65IU (145.57%), Vitamin C: 85.51mg (103.65%), Fiber: 10.98g (43.93%), Manganese: 0.84mg (42.2%), Potassium: 1367.97mg (39.08%), Folate: 141.97µg (35.49%), Phosphorus: 304.61mg (30.46%), Vitamin B6: 0.48mg (23.98%), Magnesium: 95.05mg (23.76%), Copper: 0.44mg (22.13%), Vitamin E: 3.13mg (20.87%), Iron: 3.44mg (19.12%), Calcium: 178.11mg (17.81%), Vitamin B1: 0.22mg (14.92%), Vitamin B5: 1.43mg (14.32%), Vitamin B3: 2.58mg (12.88%), Vitamin B2: 0.21mg (12.16%), Zinc: 1.51mg (10.05%), Selenium: 4.2µg (6%)