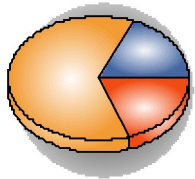


# Broccoli Kale Carrot Purple Cabbage Slaw

Recipe grams: 674.60g/23.8oz

Serves 1 674.60g/23.8oz per serving



Protein: 19%  
Carbohydrates: 62%  
Fat: 20%

## INGREDIENTS

2 cup Broccoli, Chopped, Raw  
1/2 cup Carrot, Raw, Shredded  
1/2 cup Red Cabbage, Raw, Shredded  
1 small Red Pepper, Sweet, Raw  
1 pepper Yellow Pepper, Sweet, Raw  
1.00 servings Slaw Dressing - Cashew  
1 cup Kale, Raw, Chopped



## DIRECTIONS

1. Chop the kale, carrots, broccoli, cabbage, peppers and combine.
  2. Blend the dressing ingredients to form a creamy dressing.
  3. Toss the vegetables with the dressing until well combined.
  4. Cover and chill for at least an hour or overnight if possible
  5. Serve on a plate of lettuce and enjoy!
- This recipe serves 1 but it is very filling, save leftovers to use as side salads with lettuce.

## NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	288		Vit-C (mg)	703	1171%
Protein (g)	13	25%	Vit-D (IU)	0*	0%
Carbohydrates (g)	55	18%	Vit-E (IU)	6*	20%
Dietary Fiber (g)	13	52%	Calcium (mg)	253	25%
Fat (g)	6	9%	Magnesium (mg)	133*	33%
Saturated Fat (g)	1*	5%	Phosphorus (mg)	300*	30%
Cholesterol (mg)	0*	0%	Potassium (mg)	1844	
Vit-A IU	14422*	288%	Sodium (mg)	540	23%
Total Folate (mcg)	242*	60%	Iron (mg)	5	26%

Values marked with a single asterisk (\*) indicate totals with some values not available. This may result in an under reporting of values. Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.