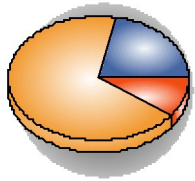


Broccoli Spinach Slaw

Recipe grams: 581.33g/20.5oz

Serves 1 581.33g/20.5oz per serving



Protein: 22%
Carbohydrates: 68%
Fat: 10%

INGREDIENTS

2 cup Broccoli, Chopped, Raw
1/2 cup Carrot, Raw, Shredded
1 small Red Pepper, Sweet, Raw
1 pepper Yellow Pepper, Sweet, Raw
1/3 cup Corn, Yellow, Raw
1 cup Spinach, Raw

DIRECTIONS

1. Chop and combine the broccoli, spinach, and peppers.
 2. Remove the corn from the cobb
 3. Use a vegetable peeler to shred the carrots
 4. Blend the dressing ingredients to form a creamy dressing.
 5. Toss the vegetables with the dressing until well combined.
 6. Cover and chill for at least an hour or overnight if possible
- Add variety by adding herbs or different vegetables and enjoy!
If you are having this salad for lunch you can save left overs to eat as a side salad with dinner or for lunch the next day.



NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Calories	209		Vit-B5 Pantothenic Acid (mg)	2	21%
Protein (g)	11	21%	Vit-B6 Pyridoxine (mg)	1	52%
Carbohydrates (g)	44	15%	Total Folate (mcg)	287	72%
Dietary Fiber (g)	11	45%	Vit-C (mg)	613	1022%
Fat (g)	2	3%	Vit-D (IU)	0	0%
Omega-3 (g)	0*		Vit-E (IU)	5*	18%
Omega-6 (g)	0*		Calcium (mg)	162	16%
Cholesterol (mg)	0	0%	Magnesium (mg)	118	30%
Vit-A IU	16917	338%	Potassium (mg)	1619	
Vit-B1 Thiamine (mg)	0	24%	Sodium (mg)	140	6%
Vit-B2 Riboflavin (mg)	0	26%	Iodine (mcg)	0*	0%
Vit-B3 Niacin (mg)	5	26%	Iron (mg)	4	21%
			Selenium (mcg)	6	8%

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.