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## Broccoli Slaw <sup>••</sup>

Broccoli slaw is a refreshing and healthy salad made with shredded broccoli stems, carrots, and a tangy dressing. It is a vegetarian recipe that can be enjoyed as a side dish or a light meal. The slaw is crunchy, flavorful, and packed with nutrients.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>300 g</b>	broccoli stems
<b>200 g</b>	Carrots
<b>100 g</b>	mayonnaise
<b>100 g</b>	greek yogurt
<b>30 ml</b>	apple cider vinegar

15 g	honey
10 g	dijon mustard
5 g	Salt
2 g	Black pepper

## Directions

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### Step 1

Cut

Shred the broccoli stems and carrots using a grater or a food processor.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a large bowl, whisk together mayonnaise, Greek yogurt, apple cider vinegar, honey, Dijon mustard, salt, and black pepper to make the dressing.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

Add the shredded broccoli stems and carrots to the bowl with the dressing. Toss until well coated.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Serving

Serve chilled and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1500 iu	166.67%	214.29%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving Picnic Game Day

### Cuisines

Italian French Japanese Mediterranean Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

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