Recipe: Savory broccoli tahini slaw

Savory broccoli tahini slaw
Number of Servings: 17.43 (140 g per serving)
Weight: 2451.00 g (Yield: 2440.00 g)

Recipe

Item Name	Quantity	Measure
Broccoli, bunch, fresh	3	Each
parsnip- fresh (AP Raw)	1	Each
Onion, red, fresh, lrg, whole	1/2	Each
Apples, fresh, lrg	1	Each
Tahini	1/2	Cup
Mustard, dijon	1/3	Cup

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	0.68
Gram Weight (g)	140.00	Vitamin C (mg)	95.20
Calories (kcal)	94.37	Vitamin D - IU (IU)	0
Calories from Fat (kcal)	36.53	Vitamin D - mcg (mcg)	0
Calories from SatFat (kcal)	5.01	Vitamin E - Alpha-Toco (mg)	0.90
Protein (g)	4.32	Folate (mcg)	77.30
Carbohydrates (g)	12.72	Folate, DFE (mcg)	77.30
Dietary Fiber (g)	3.68	Vitamin K (mcg)	107.63
Soluble Fiber (g)	0.34	Pantothenic Acid (mg)	0.64
Total Sugars (g)	3.67	Minerals	
Monosaccharides (g)	1.36	Calcium (mg)	63.08
Disaccharides (g)	0.59	Chromium (mcg)	--
Other Carbs (g)	4.21	Copper (mg)	0.17
Fat (g)	4.06	Fluoride (mg)	0.00
Saturated Fat (g)	0.56	Iodine (mcg)	2.18
Mono Fat (g)	1.40	Iron (mg)	1.13
Poly Fat (g)	1.64	Magnesium (mg)	30.60
Trans Fatty Acid (g)	0	Manganese (mg)	0.26
Cholesterol (mg)	0	Molybdenum (mcg)	5.73

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Water (g)	113.86	Phosphorus (mg)	128.75
Vitamins		Potassium (mg)	404.82
Vitamin A - IU (IU)	662.44	Selenium (mcg)	5.11
Vitamin A - RAE (RAE)	33.12	Sodium (mg)	147.85
Carotenoid RE (RE)	66.24	Zinc (mg)	0.79
Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	377.85	Omega 3 Fatty Acid (g)	0.05
Vitamin B1 (mg)	0.19	Omega 6 Fatty Acid (g)	1.59
Vitamin B2 (mg)	0.13	Other Nutrients	
Vitamin B3 (mg)	1.10	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	1.69	Caffeine (mg)	0
Vitamin B6 (mg)	0.20	Choline (mg)	19.83
Vitamin B12 (mcg)	0		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
15 minutes				

Preparation Method Instructions

In large serving bowl, add chopped broccoli, finely diced red onion, apple, and parsnip. add tahini and mustard. Mix. Add pepper, salt, more tahiini or mustard to taste.

great side with chicken or sandwiches.