



# Broccoli Stem and Carrot Slaw

Prep Time 15 mins  
Total Time 15 mins  
Meal Type Lunch,Dinner,Side  
Contributed By **LivingPlateRx**  
Source Adapted from Living Plate



Servings 4

## Ingredients

lb,c g,ml

- 3 stalks broccoli, *stems only*
- 1 cup red cabbage, *shredded*
- 1 cup cabbage, green, *shredded*
- 3 medium carrots, *shredded*
- 1/4 tsp salt
- 3 scallions, *chopped*
- 2 Tbs apple cider vinegar
- 1/4 cup olive oil
- 1 tsp maple syrup
- 1 tsp dijon mustard
- 1/4 cup pepitas pumpkin seeds

## Directions

### Prep

1. Remove florets from broccoli [reserve for another use]. Carefully remove tough skin from broccoli stems with paring knife. Shred stems on a box grater.
2. Shred cabbages [use a chef's knife to thinly slice or run in a food processor with slicing blade]. Shred carrots on a box grater.
3. Chop scallions.

### Make

1. Place broccoli stems, cabbages, carrots, and scallions in a bowl. Sprinkle with salt and massage until vegetables are coated. Vegetables will soften a bit and make them more receptive to the dressing.
2. Whisk together oil, vinegar, syrup and mustard. Pour over slaw and toss.
3. Sprinkle with pumpkin seeds before serving.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.  
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

# Nutrition Facts

**Calories** 220  
per serving

| Amount/serving         | % Daily Value* | Amount/serving                 | % Daily Value* |
|------------------------|----------------|--------------------------------|----------------|
| <b>Total Fat</b> 17.5g | 26%            | <b>Total Carbohydrates</b> 13g | 4%             |
| Saturated Fat 2.6g     | 12%            | Dietary Fiber 2g               | 7%             |
| Trans Fat 0.0g         |                | Total Sugars 5g                |                |
| Cholesterol 0mg        | 0%             | <b>Protein</b> 6g              |                |
| Sodium 221mg           | 9%             |                                |                |

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 78mg 7% · Iron 2mg 10% · Potassium 481mg 10%

- Show all nutrients -