



A Nutrition Resource

MAGENTA ROOT SLAW

Yield: 6 Servings

Cost/Serving: \$0.55

Ingredients:

- 1 1/2 tsp fresh ginger
- 3/4 cup carrots
- 3/4 cup beets
- 3/4 cup parsnips
- 1 tbsp honey
- 2 1/2 tsp lemon juice, *fresh or bottled*
- Pinch of kosher salt

Directions:

1. Peel and chop ginger. Pulse in food processor fitted with steel blade until ground.
2. Trim and peel carrots, beets, and parsnips. Shred in food processor fitted with shredding disk, or by hand with a grater.
3. Whisk together honey, lemon juice, and salt in large bowl. Add shredded vegetables and toss to combine.

Nutrition Facts

6 servings per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.3mg	2%
Potassium 180mg	4%
<small>* The % 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.</small>	

Source: Vermont FEED New School
Cuisine Cookbook, MT Harvest of the
Month

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