

# CLEAN SLAW

Servings | Prep Time | Total Time

2      15 min      75 min

Nutrient % of total calories

Carb    33%    Net Carb 4 or 22%

Fat      60%

Protein 6%

## INGREDIENTS

1/2 cup Cider Vinegar

1 ounce Red Onion- Minced

1 lb Cabbage- Julienne

2 ounces Mini Yellow Peppers- Sliced

1 tsp Himalayan Pink Salt

1/2 tsp Freshly Ground Black Pepper

2 tbsp Avocado Oil\*

1/2 cup Chopped Broccoli Buds

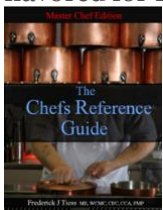
## DIRECTIONS

1. Measure all ingredients
2. Allow red onions to marinate for 20 minutes
3. Combine with the cabbage, peppers and seasoning.
4. Marinate for 1 hour
5. Toss with oil and serve

## SERVE WITH

4 ounces Slow Roasted Pork Loin Back Ribs which have been seasoned with (Recipe 1094 in the Chefs Reference Guide: Master Chef Edition)

Click below for the spice recipe which should be rubbed on the ribs and flavored for 2 hours. To reduce empty carbs and increase the smoky



## Nutrition Facts

Servings 6.0

Amount Per Serving 1/4 cup

**calories 71**

**% Daily Value \***

**Total Fat 5 g** 7 %

Saturated Fat 1 g 3 %

Monounsaturated Fat 3 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

**Cholesterol 0 mg** 0 %

**Sodium 295 mg** 12 %

**Potassium 177 mg** 5 %

**Total Carbohydrate 6 g** 2 %

**Dietary Fiber 2 g** 9 %

**Sugars 3 g**

**Protein 1 g** 2 %

Vitamin A 2 %

Vitamin C 75 %

Calcium 3 %

Iron 3 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Recipe by Frederick Tiess ME, WCMC, CEC, CCA

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flavor replace the sugar with 2 tbsp of chipotle chili powder. Make a full recipe of the BBQ Spice Blend, and use it for grilled, roasted, or BBQ preparations.

Roast or grill for 1 hour at 285° then 1 hour at 210°. Allow the ribs to rest for 15 minutes before slicing.

If you would like to offer a sauce to go with these dry rub ribs, there are a variety of recipes in the Chefs Reference Guide. Recipe 156 is an Alabama style white BBQ sauce that is low in carbs and higher in fat. Recipe 149 is a Low Country Mustard BBQ Sauce, to adapt this for a low carb diet replace the sugar and beer with 4 ounces of orange juice.



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