



Amish Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



498 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 1 medium head cabbage shredded cored
- ☐ 1 teaspoon celery seed
- ☐ 1 teaspoon mustard prepared
- ☐ 1 medium onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.8 cup vegetable oil
- ☐ 1 cup vinegar
- ☐ 1 teaspoon sugar white

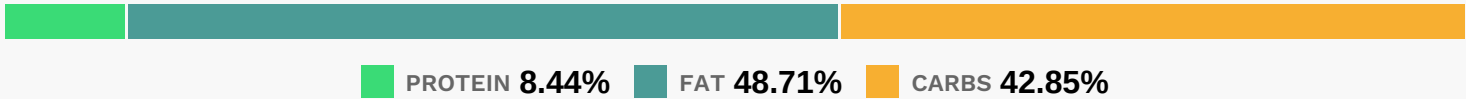
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

☐ In a large bowl, toss together the cabbage, onion, and 1 cup sugar. In a small saucepan, combine the vinegar, salt, celery seed, 1 teaspoon white sugar, mustard and oil. Bring to a boil, and cook for 3 minutes. Cool completely, then pour over cabbage mixture, and toss to coat. Refrigerate overnight for best flavor.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:2.29, Inflammation Score:-4, Nutrition Score:10.095217497452%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 79.03kcal (3.95%), Fat: 4.3g (6.62%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 5.39g (1.96%), Sugar: 4.74g (5.26%), Cholesterol: 0mg (0%), Sodium: 319.58mg (13.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin K: 93.84µg (89.37%), Vitamin C: 42.6mg (51.64%), Folate: 51.49µg (12.87%), Fiber: 3.13g (12.51%), Manganese: 0.24mg (11.96%), Vitamin B6: 0.16mg (7.99%), Potassium: 218.17mg (6.23%), Calcium: 55.47mg (5.55%), Vitamin B1: 0.08mg (5.17%), Magnesium: 16.72mg (4.18%), Iron: 0.7mg (3.88%), Phosphorus: 36.81mg (3.68%), Vitamin E: 0.51mg (3.41%), Vitamin B2: 0.05mg (2.96%), Vitamin B5: 0.26mg (2.59%), Vitamin A: 112.08IU (2.24%), Zinc: 0.25mg (1.69%), Copper: 0.03mg (1.65%), Vitamin B3: 0.29mg (1.46%), Selenium: 0.82µg (1.16%)