



Angie's Dad's Best Cabbage Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 20 servings pepper black to taste
- ☐ 1 medium head cabbage shredded
- ☐ 1 cup carrots grated
- ☐ 2 stalks celery chopped
- ☐ 1 tablespoon mustard dry
- ☐ 1 large onion diced red
- ☐ 1 tablespoon salt
- ☐ 0.8 cup vegetable oil

- ☐ 1 cup sugar white
- ☐ 1 cup vinegar white

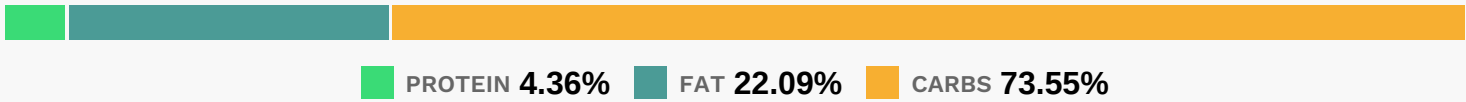
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large bowl, combine cabbage, onion, carrots, and celery.
- ☐ Sprinkle with 1 cup sugar, and mix well. In a small saucepan, combine vinegar, oil, salt, dry mustard, and pepper. Bring to a boil.
- ☐ Pour hot dressing over cabbage mixture, and mix well.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:7.99, Inflammation Score:-7, Nutrition Score:5.5482608675957%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 74.01kcal (3.7%), Fat: 1.87g (2.88%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 12.47g (4.53%), Sugar: 12.05g (13.39%), Cholesterol: 0mg (0%), Sodium: 365.25mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin K: 39.73µg (37.84%), Vitamin A: 1132.4IU (22.65%), Vitamin C: 17.55mg (21.27%), Fiber: 1.54g (6.16%), Manganese: 0.12mg (6.13%), Folate: 23.81µg (5.95%), Vitamin B6: 0.08mg (3.82%), Potassium: 120.53mg (3.44%), Calcium: 25.59mg (2.56%), Vitamin B1: 0.04mg (2.55%), Magnesium: 8.81mg (2.2%), Phosphorus: 20.17mg (2.02%), Vitamin E: 0.27mg (1.83%), Iron: 0.31mg (1.7%), Vitamin B2: 0.03mg (1.68%), Selenium: 1.04µg (1.49%), Vitamin B5: 0.13mg (1.35%), Vitamin B3: 0.21mg (1.03%), Copper: 0.02mg (1.02%)