



Apple and Poppy Seed Slaw

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 cup apple juice frozen thawed
- ☐ 2.5 cups carrots grated peeled
- ☐ 3 medium apples i use 2 granny smith apples cored grated peeled
- ☐ 8 cups cabbage shredded green (1 small head)
- ☐ 4 spring onion thinly sliced
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons poppy seeds

☐ 0.7 cup cream sour

Equipment

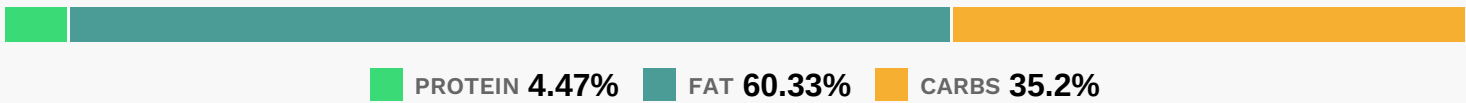
☐ bowl

☐ whisk

Directions

- ☐ Mix cabbage, carrots, apples, and green onions in large bowl.
- ☐ Add vinegar and toss to coat.
- ☐ Whisk sour cream, mayonnaise, apple juice concentrate and poppy seeds in medium bowl to blend.
- ☐ Add to cabbage mixture and toss to blend. Season to taste with salt and pepper. Cover and refrigerate at least 1 hour. (Can be made 1 day ahead. Keep refrigerated. Toss to blend before serving.)

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:4.23, Inflammation Score:-10, Nutrition Score:13.84478246777%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 176.5kcal (8.82%), Fat: 12.34g (18.99%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 12.11g (4.41%), Sugar: 10.35g (11.5%), Cholesterol: 13.75mg (4.58%), Sodium: 110.21mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin A: 5581.01IU (111.62%), Vitamin K: 76.41µg (72.77%), Vitamin C: 26.01mg (31.53%), Fiber: 4.09g (16.38%), Manganese: 0.3mg (14.87%), Folate: 37.83µg (9.46%), Potassium: 312.07mg (8.92%), Calcium: 82.66mg (8.27%), Vitamin B6: 0.15mg (7.58%), Phosphorus: 63.88mg (6.39%), Vitamin B1: 0.09mg (5.87%), Vitamin E: 0.88mg (5.85%), Magnesium: 22.6mg (5.65%), Vitamin B2: 0.09mg (5.28%), Iron: 0.72mg (4%), Copper: 0.08mg (3.95%), Vitamin B5: 0.32mg (3.23%), Zinc: 0.43mg (2.87%), Vitamin B3: 0.56mg (2.78%), Selenium: 1.31µg (1.87%)