



Apple-Cabbage Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



25 kcal

SIDE DISH

Ingredients

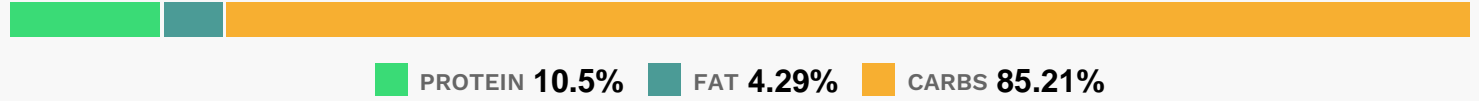
- 0.8 cup parsley fresh loosely packed
- 1 medium size apples i use 2 granny smith apples cut into thin strips
- 3 cups cabbage shredded green finely
- 2 tablespoons optional: lemon fresh
- 1 cup cabbage shredded red finely

Equipment

Directions

Toss together green cabbage, red cabbage, apple, parsley, and Fresh Lemon Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:1.51, Inflammation Score:-6, Nutrition Score:8.1978261256995%

Flavonoids

Cyanidin: 23.7mg, Cyanidin: 23.7mg, Cyanidin: 23.7mg, Cyanidin: 23.7mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 12.15mg, Apigenin: 12.15mg, Apigenin: 12.15mg, Apigenin: 12.15mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 24.94kcal (1.25%), Fat: 0.14g (0.21%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 11.18mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin K: 116.95µg (111.38%), Vitamin C: 26.44mg (32.04%), Vitamin A: 636.83IU (12.74%), Fiber: 1.73g (6.9%), Folate: 22.93µg (5.73%), Manganese: 0.09mg (4.36%), Potassium: 132.27mg (3.78%), Vitamin B6: 0.07mg (3.66%), Iron: 0.61mg (3.39%), Calcium: 25.59mg (2.56%), Magnesium: 9.18mg (2.29%), Vitamin B1: 0.03mg (2.22%), Vitamin B2: 0.03mg (1.78%), Phosphorus: 16.52mg (1.65%), Vitamin B5: 0.12mg (1.15%), Copper: 0.02mg (1.14%), Vitamin B3: 0.21mg (1.03%)