

Apple Cole Slaw



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 3 cups cabbage chopped
- ☐ 1 carrots grated
- ☐ 1 apples i use 2 granny smith apples cored unpeeled chopped
- ☐ 2 green onions finely chopped
- ☐ 1 tablespoon juice of lemon to taste
- ☐ 0.3 cup mayonnaise
- ☐ 1 apples red cored unpeeled chopped

☐ 0.5 cup bell pepper red finely chopped

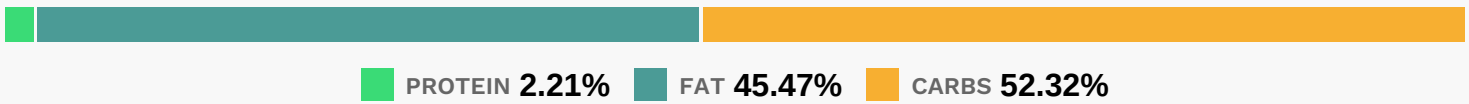
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine cabbage, red apple, green apple, carrot, red bell pepper, and green onions. In a small bowl, mix together mayonnaise, brown sugar, and lemon juice.
- ☐ Pour dressing over salad.

Nutrition Facts



Properties

Glycemic Index:44.81, Glycemic Load:3.3, Inflammation Score:-9, Nutrition Score:9.1860869027998%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg 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: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 180.59kcal (9.03%), Fat: 9.52g (14.65%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 21.66g (7.88%), Sugar: 20.52g (22.79%), Cholesterol: 5.23mg (1.74%), Sodium: 97.53mg (4.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin K: 58.45µg (55.67%), Vitamin A: 2202.39IU (44.05%), Vitamin C: 33.81mg (40.99%), Fiber: 2.99g (11.95%), Folate: 28.32µg (7.08%), Vitamin B6: 0.13mg (6.4%), Potassium: 215.51mg (6.16%), Manganese: 0.12mg (6.05%), Vitamin E: 0.86mg (5.73%), Calcium: 36.03mg (3.6%), Vitamin B1: 0.05mg (3.27%), Vitamin B2: 0.05mg (3.07%), Magnesium: 12.12mg (3.03%), Iron:

0.5mg (2.75%), Phosphorus: 27.34mg (2.73%), Vitamin B5: 0.22mg (2.22%), Copper: 0.04mg (2.08%), Vitamin B3: 0.4mg (1.98%), Zinc: 0.18mg (1.21%)