

Apple Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

Ingredients



1 tablespoon brown sugar



4 cups cabbage shredded



1 cup carrots shredded



1 granny smith apple – shredded cored peeled



1 teaspoon ground pepper black



2 tablespoons honey



2 tablespoons mayonnaise



1 dash salt

☐ 2 teaspoons vinegar white

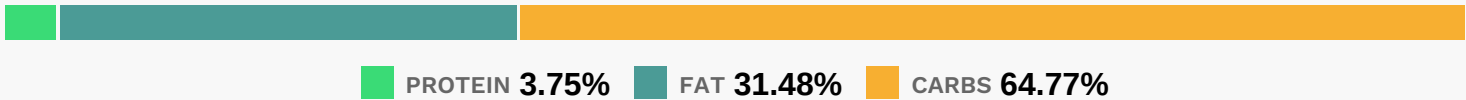
Equipment

☐ bowl

Directions

- ☐ Place the shredded cabbage and carrot together in a bowl with the sliced apple, and toss to combine. In a separate bowl, stir together the honey, brown sugar, vinegar, pineapple juice, and mayonnaise until the honey and sugar have dissolved completely.
- ☐ Pour over the salad, and toss to coat. Season with salt and pepper, and toss again. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:51.18, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:8.8556522401455%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 97.94kcal (4.9%), Fat: 3.65g (5.62%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 14.32g (5.21%), Sugar: 13.38g (14.86%), Cholesterol: 1.96mg (0.65%), Sodium: 60.46mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin A: 3630.92IU (72.62%), Vitamin K: 47.1µg (44.86%), Vitamin C: 19.77mg (23.96%), Fiber: 2.59g (10.36%), Manganese: 0.17mg (8.32%), Folate: 25.48µg (6.37%), Potassium: 191.75mg (5.48%), Vitamin B6: 0.1mg (5.18%), Vitamin B1: 0.05mg (3.24%), Calcium: 31.56mg (3.16%), Vitamin E: 0.42mg (2.81%), Magnesium: 10.63mg (2.66%), Vitamin B2: 0.04mg (2.53%), Phosphorus: 24.87mg

(2.49%), Iron: 0.41mg (2.26%), Vitamin B5: 0.2mg (1.96%), Vitamin B3: 0.36mg (1.8%), Copper: 0.04mg (1.78%), Zinc: 0.17mg (1.16%)