



Apple Slaw

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 8 ounce cabbage and carrots shredded
- 3 stalks celery chopped
- 0.3 cup granulated sugar
- 3 apples diced green cored
- 3 green onions thinly sliced
- 2 tablespoons ranch seasoning and salad dressing mix
- 4 servings salt and pepper

0.8 cup cup heavy whipping cream sour

Equipment

bowl

whisk

Directions

Whisk sour cream, sugar, vinegar, and ranch seasoning in large bowl to blend.

Add cabbage mixture, apples, green onions and celery. Toss to coat. Season, to taste, with salt and pepper. Cover tightly and chill for 20 minutes or up to 4 hours.

Serve cold.

Nutrition Facts



PROTEIN 3.88% **FAT 30.51%** **CARBS 65.61%**

Properties

Glycemic Index:62.52, Glycemic Load:14.84, Inflammation Score:-6, Nutrition Score:10.713478088379%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 248.96kcal (12.45%), Fat: 8.76g (13.48%), Saturated Fat: 4.43g (27.68%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 36.99g (13.45%), Sugar: 30.61g (34.01%), Cholesterol: 25.44mg (8.48%), Sodium: 807.36mg (35.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin K: 74.16µg (70.63%), Vitamin C: 30.04mg (36.41%), Fiber: 5.41g (21.63%), Vitamin A: 622.37IU (12.45%), Folate: 47.62µg (11.91%), Potassium: 407.69mg (11.65%), Manganese: 0.22mg (10.88%), Calcium: 93.94mg (9.39%), Vitamin B2: 0.16mg (9.25%), Vitamin

B6: 0.17mg (8.58%), Phosphorus: 73.96mg (7.4%), Magnesium: 23.61mg (5.9%), Vitamin B1: 0.08mg (5.18%), Vitamin B5: 0.43mg (4.29%), Vitamin E: 0.63mg (4.17%), Iron: 0.68mg (3.8%), Copper: 0.08mg (3.76%), Selenium: 2.03µg (2.89%), Zinc: 0.38mg (2.53%), Vitamin B3: 0.44mg (2.2%), Vitamin B12: 0.09µg (1.51%)