



Apple Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon caraway seeds
- ☐ 0.3 cup cider vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 cups golden delicious apple diced (2 medium)
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 7 cups cabbage shredded red
- ☐ 0.3 teaspoon salt

☐ 1 teaspoon measures–like–sugar" calorie-free sweetener

Equipment

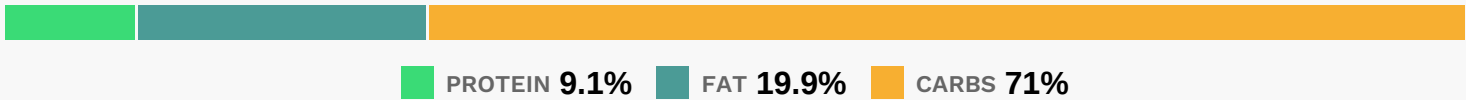
☐ bowl

☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl, stirring with a whisk until blended.
- ☐ Add cabbage and apple; toss well.
- ☐ Cover and chill thoroughly, tossing occasionally.
- ☐ Tip: If you want to add a little more tartness to this salad, you can make it with Granny Smith apples.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:3.64, Inflammation Score:–8, Nutrition Score:9.9017392967058%

Flavonoids

Cyanidin: 217.87mg, Cyanidin: 217.87mg, Cyanidin: 217.87mg, Cyanidin: 217.87mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 68.42kcal (3.42%), Fat: 1.6g (2.47%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 9.82g (3.57%), Sugar: 7.85g (8.72%), Cholesterol: 0mg (0%), Sodium: 135.46mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin C: 59.22mg (71.79%), Vitamin K: 41.18µg (39.22%), Vitamin A: 1176.37IU (23.53%), Manganese: 0.31mg (15.64%), Fiber: 3.05g (12.2%), Vitamin B6: 0.23mg (11.72%),

Potassium: 297.91mg (8.51%), Iron: 0.95mg (5.3%), Calcium: 51.65mg (5.17%), Vitamin B1: 0.07mg (4.96%),
Magnesium: 19.81mg (4.95%), Folate: 19.72µg (4.93%), Vitamin B2: 0.08mg (4.78%), Phosphorus: 37.32mg (3.73%),
Vitamin E: 0.37mg (2.47%), Vitamin B3: 0.47mg (2.38%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.26mg (1.75%), Copper:
0.03mg (1.57%), Selenium: 0.95µg (1.35%)