



Apple Slaw with Blue Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 0.5 teaspoon celery seeds
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 tablespoons juice of lemon
- ☐ 1.3 pounds napa cabbage chinese thinly sliced ()
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 1.3 pounds cabbage red thinly sliced
- ☐ 2 large delicious apples red cored cut into 1/4-inch wedges
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons water

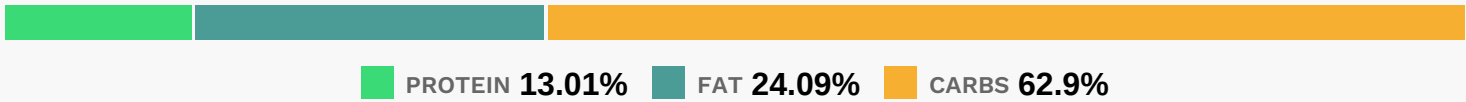
Equipment

- ☐ bowl

Directions

- ☐ Combine apple and juice in a large bowl; toss well.
- ☐ Add cabbages; toss gently.
- ☐ Combine sugar and next 8 ingredients (sugar through pepper) in a bowl; stir well.
- ☐ Pour over cabbage mixture; toss gently.
- ☐ Add cheese; toss gently.

Nutrition Facts



Properties

Glycemic Index:44.18, Glycemic Load:6.41, Inflammation Score:-9, Nutrition Score:17.53565242757%

Flavonoids

Cyanidin: 199.45mg, Cyanidin: 199.45mg, Cyanidin: 199.45mg, Cyanidin: 199.45mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.24mg,

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 134.69kcal (6.73%), Fat: 3.94g (6.06%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 18.11g (6.59%), Sugar: 14.87g (16.53%), Cholesterol: 7.09mg (2.36%), Sodium: 338.57mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin C: 84.82mg (102.81%), Vitamin K: 79.17µg (75.4%), Vitamin A: 1468.65IU (29.37%), Folate: 98.34µg (24.59%), Manganese: 0.49mg (24.45%), Vitamin B6: 0.47mg (23.36%), Fiber: 5.05g (20.2%), Calcium: 175.75mg (17.58%), Potassium: 575.76mg (16.45%), Phosphorus: 103.56mg (10.36%), Vitamin B2: 0.17mg (10.02%), Magnesium: 35.67mg (8.92%), Vitamin B1: 0.12mg (7.73%), Iron: 1.33mg (7.38%), Zinc: 0.73mg (4.9%), Vitamin B3: 0.95mg (4.76%), Vitamin B5: 0.46mg (4.56%), Copper: 0.08mg (4.14%), Selenium: 2.6µg (3.71%), Vitamin E: 0.48mg (3.21%), Vitamin B12: 0.12µg (1.92%)