

Balsamic Cole Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



24 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup cabbage shredded
- ☐ 0.5 cup carrots shredded
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 1 cup cabbage shredded red
- ☐ 0.5 teaspoon salt

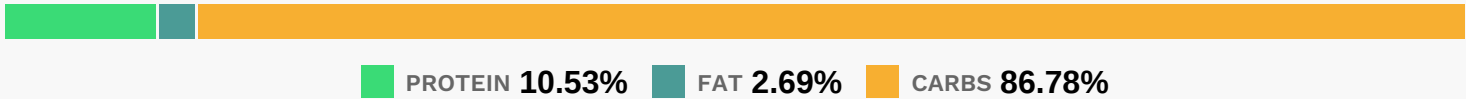
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat. Spray with cooking spray.
- ☐ Cook the cabbage, red cabbage, and carrots in the hot skillet until they begin to soften, about 2 minutes. Stir in the garlic powder, onion powder, salt, and pepper. Continue to cook and stir until cabbage and carrots are soft, 8 to 10 minutes. Stir balsamic vinegar into the cabbage mixture just before removing from heat.

Nutrition Facts



Properties

Glycemic Index:34.97, Glycemic Load:1.7, Inflammation Score:-8, Nutrition Score:4.5900000541107%

Flavonoids

Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 24.45kcal (1.22%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.3g (1.56%), Sugar: 3.07g (3.41%), Cholesterol: 0mg (0%), Sodium: 210.28mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin A: 1959.86IU (39.2%), Vitamin C: 13.44mg (16.29%), Vitamin K: 16.23µg (15.46%), Manganese: 0.11mg (5.74%), Fiber: 1.04g (4.16%), Vitamin B6: 0.07mg (3.57%), Potassium: 113.42mg (3.24%), Folate: 10.19µg (2.55%), Calcium: 20.26mg (2.03%), Iron: 0.34mg (1.89%), Magnesium: 7.38mg (1.85%), Vitamin B1: 0.03mg (1.84%), Phosphorus: 16.64mg (1.66%), Vitamin B2: 0.02mg (1.32%), Vitamin B3: 0.2mg (1.01%)