



Bell Pepper Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- 0.5 cup apple cider vinegar
- 2 stalks celery finely chopped
- 1.5 teaspoons celery seeds
- 0.5 head cabbage green thinly sliced roughly chopped
- 8 servings kosher salt
- 0.5 cup mayonnaise
- 1.5 teaspoons mustard seeds
- 8 servings pepper freshly ground

- 4 scallions chopped
- 3 tablespoons sugar
- 3 tablespoons whole-grain dijon mustard
- 6 bell peppers red yellow cut into thin strips (, orange and)

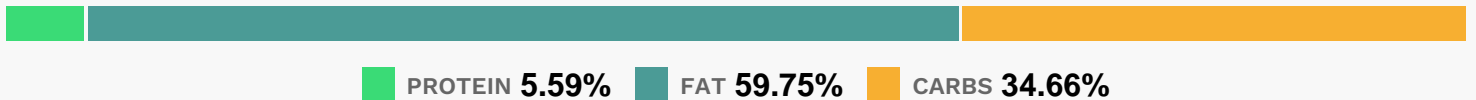
Equipment

- bowl
- whisk

Directions

- Whisk the sugar and 2 teaspoons salt with the vinegar in a large bowl until dissolved.
- Add the celery seeds, mustard seeds, 1/2 teaspoon pepper, the bell peppers, celery, scallions and cabbage, and toss to combine. Refrigerate at least 1 hour to allow the flavors to develop.
- Add the mustard and mayonnaise to the slaw and toss to coat. Refrigerate until ready to serve.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:45.51, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:17.162608736235%

Flavonoids

Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 164.38kcal (8.22%), Fat: 11.33g (17.43%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 10.8g (3.93%), Sugar: 10.59g (11.77%), Cholesterol: 5.88mg (1.96%), Sodium: 368.8mg (16.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Vitamin C: 136.58mg (165.55%), Vitamin K: 85.95µg (81.86%), Vitamin A: 2968.76IU (59.38%), Folate: 74.96µg (18.74%), Vitamin B6: 0.35mg (17.6%), Manganese: 0.33mg (16.39%), Fiber: 3.99g (15.96%), Vitamin E: 2.07mg (13.78%), Potassium: 360.35mg (10.3%),

Vitamin B1: 0.11mg (7.08%), Vitamin B2: 0.12mg (7%), Magnesium: 27.31mg (6.83%), Iron: 1.14mg (6.34%),
Phosphorus: 59.66mg (5.97%), Vitamin B3: 1.14mg (5.7%), Selenium: 3.83µg (5.48%), Calcium: 51.71mg (5.17%),
Vitamin B5: 0.48mg (4.79%), Zinc: 0.49mg (3.25%), Copper: 0.05mg (2.65%)