



Berry Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cranberry juice cocktail
- ☐ 0.5 cup cranberries dried
- ☐ 6 cups cabbage green thinly sliced
- ☐ 0.3 cup raspberry vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups strawberries sliced
- ☐ 0.5 teaspoon pepper white

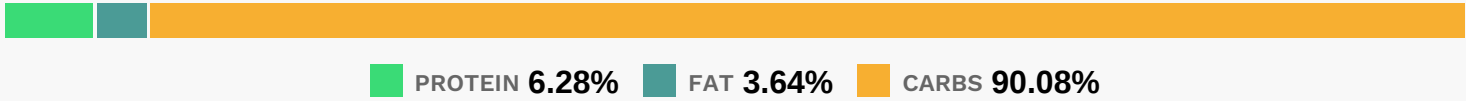
Equipment

bowl

Directions

Combine all ingredients in a medium bowl; stir well. Cover and chill 8 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:4.09, Inflammation Score:-5, Nutrition Score:12.673478095428%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.43mg, Pelargonidin: 13.43mg, Pelargonidin: 13.43mg, Pelargonidin: 13.43mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 102.61kcal (5.13%), Fat: 0.45g (0.7%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 20.65g (7.51%), Sugar: 18.94g (21.05%), Cholesterol: 0mg (0%), Sodium: 311.96mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 76.95mg (93.28%), Vitamin K: 82.3µg (78.38%), Manganese: 0.47mg (23.64%), Fiber: 4.57g (18.29%), Folate: 58.13µg (14.53%), Vitamin B6: 0.16mg (8.08%), Potassium: 281.9mg (8.05%), Calcium: 54.37mg (5.44%), Magnesium: 21.36mg (5.34%), Vitamin B1: 0.08mg (5.27%), Iron: 0.86mg (4.77%), Vitamin E: 0.67mg (4.45%), Phosphorus: 43.27mg (4.33%), Vitamin B2: 0.06mg (3.44%), Vitamin B5: 0.33mg (3.31%), Copper: 0.06mg (3.03%), Vitamin B3: 0.54mg (2.72%), Vitamin A: 110.64IU (2.21%), Zinc: 0.29mg (1.96%)