



Blueberry Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 1 pint blueberries
- ☐ 1 carrots
- ☐ 2 tablespoons freshly cilantro leaves chopped
- ☐ 1 tablespoon cumin seed toasted
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon kosher salt
- ☐ 1 cup mayonnaise
- ☐ 1 cup onion sliced

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 head savoy cabbage sliced

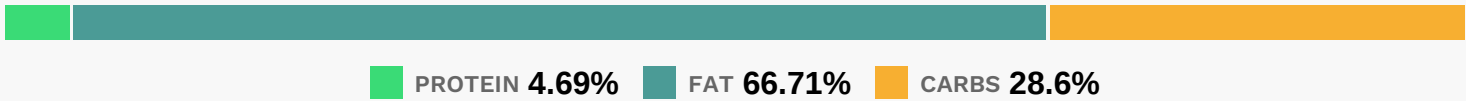
Equipment

- ☐ bowl

Directions

- ☐ When shredding the cabbage and other vegetables, use a Japanese mandolin on its thinnest setting. In a large bowl, combine all ingredients and serve. If not serving immediately, refrigerate.;

Nutrition Facts



Properties

Glycemic Index:28.51, Glycemic Load:4.65, Inflammation Score:-9, Nutrition Score:13.796956508056%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg, Petunidin: 14.92mg Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg Malvidin: 31.98mg, Malvidin: 31.98mg, Malvidin: 31.98mg, Malvidin: 31.98mg Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg, Peonidin: 9.6mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 221.71kcal (11.09%), Fat: 17.17g (26.41%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 12.13g (4.41%), Sugar: 9.59g (10.65%), Cholesterol: 9.41mg (3.14%), Sodium: 871.78mg (37.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Vitamin K: 108.71µg (103.54%), Vitamin C: 34.13mg (41.37%), Vitamin A: 1972.52IU (39.45%), Folate: 80.31µg (20.08%), Manganese: 0.38mg (18.86%), Fiber: 4.44g (17.75%), Vitamin B6: 0.23mg (11.41%), Potassium: 304.35mg (8.7%), Magnesium: 32.99mg (8.25%), Vitamin E:

1.22mg (8.15%), Vitamin B1: 0.1mg (6.53%), Phosphorus: 58.31mg (5.83%), Iron: 1.02mg (5.66%), Copper: 0.1mg (5.15%), Calcium: 48.2mg (4.82%), Vitamin B2: 0.06mg (3.61%), Vitamin B5: 0.3mg (3.04%), Vitamin B3: 0.58mg (2.89%), Zinc: 0.43mg (2.87%), Selenium: 1.51µg (2.16%)