



Buttermilk Slaw

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- 0.3 cup shaken buttermilk well
- 1 tablespoon dijon mustard
- 3 tablespoons chives fresh thinly sliced
- 1 tablespoon honey
- 6 servings kosher salt and freshly cracked pepper black
- 0.3 cup cup heavy whipping cream sour low-fat
- 1 head napa cabbage thinly sliced
- 1 head radicchio thinly thinly sliced

- 0.3 onion red minced
- 1 tablespoon citrus champagne vinegar

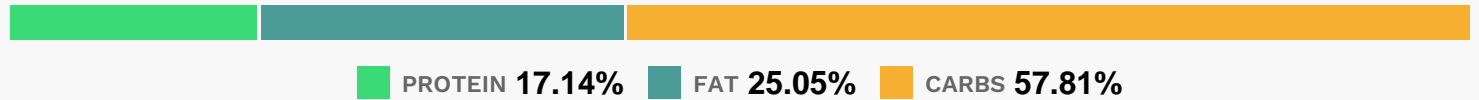
Equipment

- bowl

Directions

- Toss the cabbage, radicchio, red onion, and chives in a large bowl.
- In a separate bowl, mix the buttermilk, sour cream, honey, Dijon mustard, vinegar, salt, and pepper together.
- Add the dressing to the cabbage mixture and toss to coat.
- Let marinate in the refrigerator for an hour before serving.

Nutrition Facts



Properties

Glycemic Index:36.55, Glycemic Load:2.8, Inflammation Score:-8, Nutrition Score:15.695217402085%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 17.76mg, Luteolin: 17.76mg, Luteolin: 17.76mg, Luteolin: 17.76mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg, Quercetin: 15.72mg

Nutrients (% of daily need)

Calories: 75.3kcal (3.77%), Fat: 2.31g (3.56%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 9.56g (3.48%), Sugar: 6.2g (6.89%), Cholesterol: 5.94mg (1.98%), Sodium: 270.23mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin K: 186.7µg (177.81%), Vitamin C: 45.6mg (55.27%), Folate: 151.26µg (37.82%), Vitamin B6: 0.39mg (19.6%), Manganese: 0.38mg (18.82%), Calcium: 162.21mg (16.22%), Potassium: 560.74mg (16.02%), Vitamin A: 620.67IU (12.41%), Copper: 0.23mg (11.31%), Fiber: 2.45g (9.8%), Phosphorus: 87.81mg (8.78%), Vitamin E: 1.3mg (8.63%), Vitamin B2: 0.13mg (7.78%), Magnesium: 30.64mg (7.66%), Vitamin B1: 0.09mg (5.79%), Zinc: 0.79mg (5.27%), Iron: 0.84mg (4.69%), Selenium: 3.12µg (4.46%),

Vitamin B3: 0.77mg (3.87%), Vitamin B5: 0.35mg (3.54%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.2µg (1.33%)