



Cabbage and Apple Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon celery seed
- ☐ 2 tablespoons cider vinegar
- ☐ 1 large fuji apple cored unpeeled thinly sliced quartered
- ☐ 2 cups cabbage shredded green
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 2 cups cabbage shredded red

☐ 0.3 cup cup heavy whipping cream sour

Equipment

☐ bowl

☐ whisk

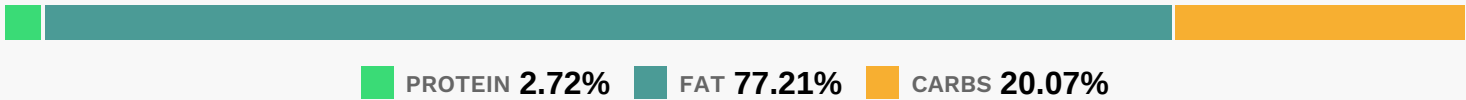
Directions

☐ In a large bowl, combine the green and red cabbages; set aside. In a medium bowl, whisk together the mayonnaise, sour cream, vinegar, celery seed, salt, and pepper.

☐ Add the apple slices.

☐ Pour over the cabbage and toss gently until coated. Cover and chill 1 hour or longer. To serve, spoon into salad bowls and sprinkle with the parsley (if desired).

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:3.41, Inflammation Score:-7, Nutrition Score:10.683913028759%

Flavonoids

Cyanidin: 94.25mg, Cyanidin: 94.25mg, Cyanidin: 94.25mg, Cyanidin: 94.25mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 273.11kcal (13.66%), Fat: 24g (36.92%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 10.85g (3.94%), Sugar: 9.3g (10.34%), Cholesterol: 20.24mg (6.75%), Sodium: 492.6mg (21.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin K: 90.78µg (86.46%), Vitamin C: 40.91mg (49.59%), Vitamin A: 669.25IU (13.39%), Fiber: 3.19g (12.77%), Manganese: 0.23mg (11.68%), Vitamin B6: 0.17mg (8.49%), Vitamin E: 1.18mg (7.85%), Potassium: 260.72mg (7.45%), Folate: 27.03µg (6.76%), Calcium: 59.53mg (5.95%), Vitamin B2: 0.09mg (5.27%), Phosphorus: 47.45mg (4.75%), Iron: 0.79mg (4.4%), Vitamin B1: 0.07mg (4.39%), Magnesium: 17.41mg (4.35%), Vitamin B5: 0.27mg (2.71%), Selenium: 1.59µg (2.27%), Copper: 0.04mg (2.11%), Zinc: 0.29mg (1.96%), Vitamin B3: 0.34mg (1.7%), Vitamin B12: 0.06µg (1.06%)