



Cabbage and Carrot Herbed Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 medium carrots ends trimmed
- 0.5 cup cilantro leaves fresh coarsely chopped
- 1 medium garlic clove finely chopped
- 1 tablespoon kosher salt
- 0.3 cup juice of lime freshly squeezed (from 2 medium limes)
- 0.3 cup orange juice freshly squeezed (from 1 orange)
- 1 tablespoon orange zest finely grated

- 0.3 cup parsley fresh italian coarsely chopped
- 12 medium radishes
- 2.5 pounds cabbage red cored cut into small wedges and
- 0.3 medium onion red coarsely chopped
- 0.3 cup vegetable oil

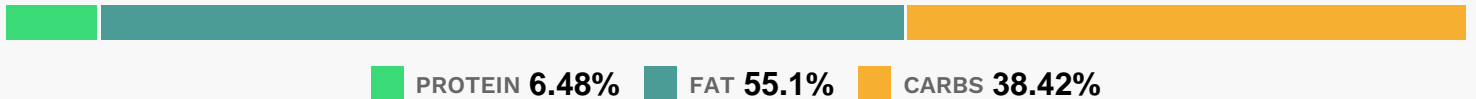
Equipment

- food processor
- bowl

Directions

- Using a food processor fitted with a grating disk, finely shred the cabbage, carrots, and radishes.
- Place in a large, nonreactive bowl and toss until evenly mixed.
- Place the remaining ingredients except the oil in the food processor, now fitted with a blade attachment. Process until smooth, then with the processor running, slowly drizzle in the oil and process until incorporated. Toss the dressing with the vegetables, cover, and refrigerate at least 30 minutes for the flavors to meld. Stir just before serving.

Nutrition Facts



Properties

Glycemic Index:39.48, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:18.667826196422%

Flavonoids

Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg, Cyanidin: 297.43mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 3.82mg, Pelargonidin: 3.82mg, Pelargonidin: 3.82mg, Pelargonidin: 3.82mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg, Apigenin: 4.13mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.14mg, Kaempferol:

0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 142.19kcal (7.11%), Fat: 9.41g (14.48%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 10.92g (3.97%), Sugar: 7.43g (8.26%), Cholesterol: 0mg (0%), Sodium: 925.23mg (40.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.98%), Vitamin C: 94.17mg (114.15%), Vitamin K: 107.28µg (102.17%), Vitamin A: 4384.49IU (87.69%), Manganese: 0.43mg (21.26%), Vitamin B6: 0.34mg (17.13%), Fiber: 3.85g (15.4%), Potassium: 463.95mg (13.26%), Folate: 38.17µg (9.54%), Calcium: 80.1mg (8.01%), Vitamin B1: 0.12mg (7.9%), Iron: 1.41mg (7.86%), Magnesium: 29.1mg (7.28%), Vitamin E: 1.06mg (7.1%), Vitamin B2: 0.12mg (7.01%), Phosphorus: 55.57mg (5.56%), Vitamin B3: 0.86mg (4.31%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.42mg (2.79%), Copper: 0.05mg (2.64%), Selenium: 1.02µg (1.46%)