



Cabbage and Corn Slaw with Cilantro and Orange Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 2 medium carrots grated peeled
- ☐ 16 ounce coleslaw mix
- ☐ 4 ears corn fresh
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 6 medium spring onion thinly sliced
- ☐ 0.3 cup orange juice concentrate frozen thawed
- ☐ 1 medium bell pepper red cored stemmed cut into thin strips

- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup vegetable oil

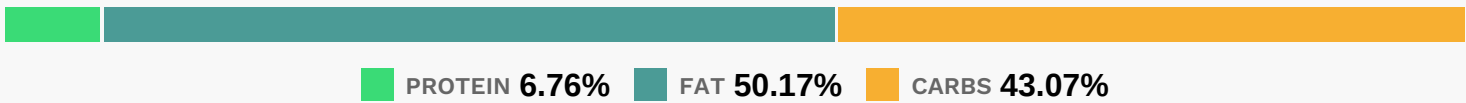
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk orange juice concentrate, rice vinegar, and canola oil in small bowl. Season with salt and pepper. DO AHEAD Dressing can be made 1 day ahead. Cover and refrigerate.
- ☐ Combine slaw mix, corn kernels, carrots, red bell pepper strips, sliced green onions, and chopped cilantro in large bowl. Toss with enough dressing to coat. Season slaw to taste with salt and pepper.
- ☐ Let stand 15 minutes for flavors to blend. Toss again and serve.

Nutrition Facts



Properties

Glycemic Index:29.6, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:15.91565233469%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 166.55kcal (8.33%), Fat: 9.88g (15.21%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 15.6g (5.67%), Sugar: 9.77g (10.85%), Cholesterol: 0mg (0%), Sodium: 31.37mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin K: 89.11µg (84.86%), Vitamin C: 63.29mg (76.72%), Vitamin A: 3377.61IU (67.55%), Folate: 69.95µg (17.49%), Fiber: 3.5g (13.98%), Manganese: 0.24mg (11.82%), Potassium: 408.98mg (11.69%), Vitamin B1: 0.16mg (10.79%), Vitamin B6: 0.22mg (10.78%), Vitamin E: 1.35mg (9.02%), Magnesium: 33.83mg (8.46%), Phosphorus: 76.28mg (7.63%), Vitamin B3: 1.42mg (7.12%), Vitamin B5: 0.61mg (6.12%), Vitamin B2: 0.1mg (5.9%), Iron: 0.84mg (4.66%), Calcium: 43.56mg (4.36%), Copper: 0.06mg (3.18%), Zinc:

0.45mg (3.01%)