



WHATSheATE



Cabbage and Tomato Slaw with Sherry-Mustard Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces cherry tomatoes halved
- ☐ 1.5 tablespoons dijon mustard
- ☐ 12 cups cabbage green thinly sliced (from one 2-pound head)
- ☐ 10 spring onion thinly sliced
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons mustard seeds
- ☐ 0.7 cup olive oil

☐ 0.3 cup sherry vinegar

Equipment

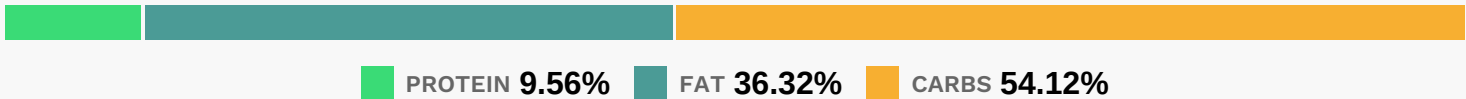
☐ bowl

☐ whisk

Directions

- ☐ Whisk first 4 ingredients in large bowl to blend. Gradually whisk in oil.
- ☐ Add cabbage, green onions, and tomatoes; toss to coat with vinaigrette. Season to taste with salt and pepper. Cover and refrigerate at least 2 hours and up to 4 hours. Toss before serving.

Nutrition Facts



Properties

Glycemic Index:20.03, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:13.600000080855%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 112.05kcal (5.6%), Fat: 4.87g (7.5%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 12.55g (4.56%), Sugar: 11.46g (12.73%), Cholesterol: 0mg (0%), Sodium: 58.46mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin K: 114.4µg (108.95%), Vitamin C: 51.24mg (62.11%), Manganese: 0.33mg (16.33%), Folate: 65.09µg (16.27%), Fiber: 3.78g (15.14%), Selenium: 7.36µg (10.51%), Potassium: 345.13mg (9.86%), Vitamin B6: 0.19mg (9.38%), Vitamin A: 463.24IU (9.26%), Magnesium: 31.51mg (7.88%), Iron: 1.4mg (7.78%), Vitamin B1: 0.12mg (7.67%), Vitamin E: 1.15mg (7.64%), Phosphorus: 71.68mg (7.17%), Calcium: 67.67mg (6.77%), Vitamin B2: 0.08mg (4.43%), Copper: 0.09mg (4.4%), Vitamin B3: 0.71mg (3.53%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.32mg (3.25%)