



Cabbage, Carrot, and Bell Pepper Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



302 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots shredded
- ☐ 1 tablespoons celery seeds
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup dijon mustard
- ☐ 1 bell pepper diced green
- ☐ 1 medium size cabbage shredded green
- ☐ 2 cups mayonnaise
- ☐ 2 tablespoons onion grated

- ☐ 0.1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar

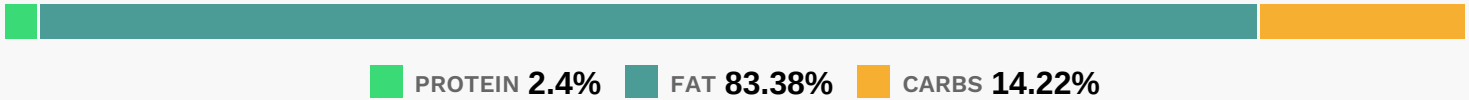
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Stir together first 7 ingredients in a large bowl until blended.
- ☐ Add cabbage, carrots, and remaining ingredients to bowl, and toss to coat. Cover and chill 3 to 4 hours.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:4.54, Inflammation Score:-8, Nutrition Score:11.995652276537%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 4.37mg, Luteolin: 4.37mg, Luteolin: 4.37mg, Luteolin: 4.37mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 301.87kcal (15.09%), Fat: 28.36g (43.63%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 8.22g (2.99%), Sugar: 7.68g (8.53%), Cholesterol: 15.68mg (5.23%), Sodium: 510.01mg (22.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin K: 120.55µg (114.81%), Vitamin C: 36.5mg (44.24%), Vitamin A: 1837.65IU (36.75%), Manganese: 0.23mg (11.38%), Fiber: 2.66g (10.64%), Vitamin E: 1.47mg (9.77%), Folate: 38.06µg (9.51%), Vitamin B6: 0.14mg (7.16%), Potassium: 207.24mg (5.92%), Calcium: 50.69mg (5.07%), Vitamin B1: 0.07mg (4.97%), Iron: 0.82mg (4.58%), Selenium: 2.96µg (4.23%), Phosphorus: 42.31mg (4.23%), Magnesium: 16.81mg (4.2%), Vitamin B2: 0.05mg (3.07%), Vitamin B5: 0.28mg (2.8%), Copper: 0.05mg (2.25%), Zinc: 0.3mg (2.02%), Vitamin B3: 0.37mg (1.86%)