



Cabbage-Carrot Slaw with Citrus Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.3 cup bell pepper strips green
- 0.5 teaspoon pepper black freshly ground
- 2 cups carrots shredded (2 large)
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground cumin
- 2 tablespoons honey
- 0.3 cup juice of lime fresh
- 0.5 teaspoon lime rind fresh grated

- 2 tablespoons olive oil
- 2 tablespoons orange juice
- 2.5 cups cabbage red thinly sliced ()
- 0.3 cup onion red vertically sliced ()
- 0.5 teaspoon salt

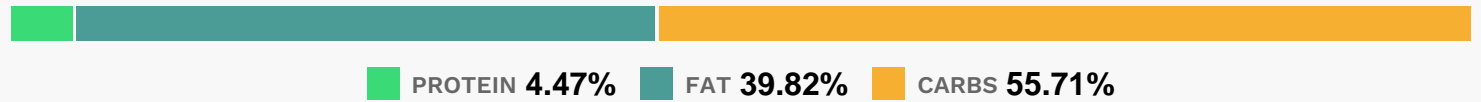
Equipment

- bowl
- whisk

Directions

- Combine first 5 ingredients in a large bowl; toss gently.
- Combine honey and next 7 ingredients in a small bowl; stir well with a whisk until blended.
- Pour honey mixture over cabbage mixture. Cover; chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:5.52, Inflammation Score:-10, Nutrition Score:10.835652296958%

Flavonoids

Cyanidin: 77.81mg, Cyanidin: 77.81mg, Cyanidin: 77.81mg, Cyanidin: 77.81mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 102.62kcal (5.13%), Fat: 4.89g (7.53%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 13.02g (4.73%), Sugar: 10.42g (11.58%), Cholesterol: 0mg (0%), Sodium: 234.72mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin A: 7599.97IU (152%), Vitamin C: 36.95mg (44.79%), Vitamin K: 24.01µg (22.87%), Manganese: 0.21mg (10.3%), Fiber: 2.39g (9.56%), Vitamin B6: 0.17mg (8.72%), Potassium: 285.54mg (8.16%), Vitamin E: 1.06mg (7.06%), Folate: 20.28µg (5.07%), Vitamin B1: 0.07mg (4.61%), Calcium: 37.92mg (3.79%), Magnesium: 14.98mg (3.74%), Vitamin B2: 0.06mg (3.63%), Iron: 0.62mg (3.47%), Vitamin B3: 0.68mg (3.39%), Phosphorus: 33.72mg (3.37%), Copper: 0.05mg (2.28%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.24mg (1.62%)