

Cabbage, Fresh Fennel, and Carrot Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 18 cups cabbage cored very thinly sliced quartered
- ☐ 1 large very carrot shredded peeled
- ☐ 3 cups fennel bulbs fresh trimmed halved very thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup mayonnaise
- ☐ 1 small onion thinly sliced
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 0.5 cup cup heavy whipping cream sour

☐ 0.5 teaspoon sugar

Equipment

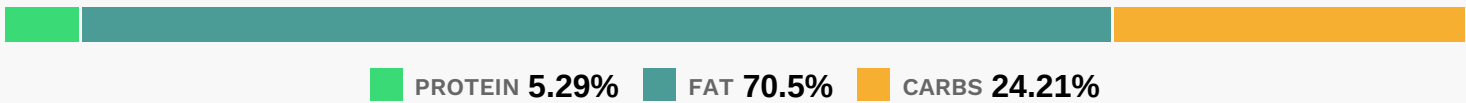
☐ bowl

☐ whisk

Directions

- ☐ Combine cabbage, fennel, onion, and carrot in large bowl.
- ☐ Whisk mayonnaise, sour cream, lemon juice, sugar, and hot sauce in medium bowl to blend. Season dressing to taste with salt and pepper.
- ☐ Add dressing to cabbage mixture; toss to coat. Season slaw to taste with salt and pepper. Refrigerate at least 1 hour and up to 2 hours, tossing occasionally.
- ☐ Transfer to serving bowl.

Nutrition Facts



Properties

Glycemic Index:28.29, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:13.790434732385%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg 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: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 183.8kcal (9.19%), Fat: 15.01g (23.09%), Saturated Fat: 3.2g (20%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 7.31g (2.66%), Sugar: 6.46g (7.18%), Cholesterol: 13.84mg (4.61%), Sodium: 157.06mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Vitamin K: 140.69µg (133.99%), Vitamin C: 51.6mg (62.55%), Vitamin A: 1444.5IU (28.89%), Fiber: 4.29g (17.16%), Folate: 66.07µg (16.52%), Manganese: 0.27mg (13.68%), Potassium: 376.63mg (10.76%), Vitamin B6: 0.19mg (9.73%), Calcium: 80.33mg (8.03%), Vitamin E:

0.99mg (6.59%), Phosphorus: 62.89mg (6.29%), Vitamin B1: 0.09mg (6.15%), Magnesium: 22.63mg (5.66%),
Vitamin B2: 0.09mg (5.18%), Iron: 0.87mg (4.81%), Vitamin B5: 0.43mg (4.28%), Vitamin B3: 0.55mg (2.77%),
Copper: 0.05mg (2.65%), Zinc: 0.37mg (2.49%), Selenium: 1.42µg (2.03%)