

Cabbage Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1 large cabbage coarsely chopped
- ☐ 2 medium carrots shredded
- ☐ 1 teaspoon celery seed
- ☐ 1 large bell pepper green finely chopped
- ☐ 1 teaspoon mustard seeds
- ☐ 1 large onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

- ☐ 0.8 cup vegetable oil
- ☐ 1 cup vinegar

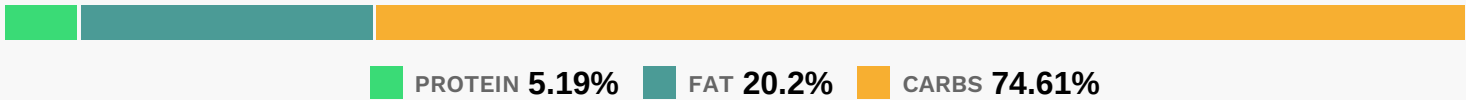
Equipment

- ☐ sauce pan

Directions

- ☐ Combine cabbage, green pepper, onion, carrots, and sugar, mixing well; set aside.
- ☐ Combine remaining ingredients in a medium saucepan; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Pour over cabbage mixture; toss and chill 3 hours.
- ☐ Drain before serving.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:16.52, Inflammation Score:-9, Nutrition Score:14.474782466888%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 158.29kcal (7.91%), Fat: 3.69g (5.68%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 26.61g (9.68%), Sugar: 25.59g (28.44%), Cholesterol: 0mg (0%), Sodium: 265.59mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin K: 103.76µg (98.82%), Vitamin C: 60.75mg (73.63%), Vitamin A: 2221.61IU (44.43%), Fiber: 4.06g (16.22%), Folate: 60.98µg (15.24%), Manganese: 0.29mg (14.72%), Vitamin B6: 0.23mg (11.46%), Potassium: 307.77mg (8.79%), Vitamin B1: 0.1mg (6.9%), Calcium: 65.24mg (6.52%), Magnesium: 21.83mg (5.46%), Phosphorus: 48.95mg (4.89%), Iron: 0.85mg (4.71%), Vitamin B2: 0.07mg (4.16%), Vitamin E: 0.62mg (4.11%), Vitamin B5: 0.34mg (3.35%), Copper: 0.05mg (2.68%), Vitamin B3: 0.53mg (2.64%), Zinc: 0.34mg (2.25%), Selenium: 1.36µg (1.94%)