



Cabbage Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

Ingredients

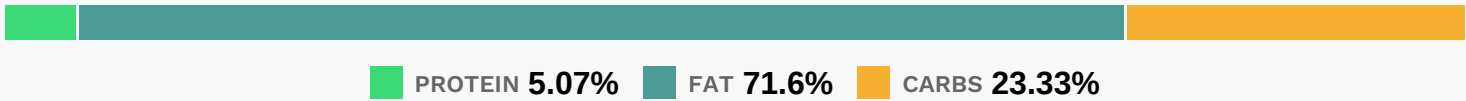
- ☐ 1 avocado ripe peeled sliced
- ☐ 3 cups cabbage sliced
- ☐ 0.3 cup cilantro leaves
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 jalapeno very thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime
- ☐ 0.1 teaspoon sugar

Equipment

Directions

- ☐ Combine the first 5 ingredients. Chill 1 hour.
- ☐ Add cilantro and jalapeo; toss. Top with avocado.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.35, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:6.2095651885738%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 84.75kcal (4.24%), Fat: 7.31g (11.24%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 202.86mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin K: 36.47µg (34.73%), Vitamin C: 19.86mg (24.07%), Fiber: 3.21g (12.85%), Folate: 43.48µg (10.87%), Vitamin B6: 0.14mg (7.06%), Potassium: 234.2mg (6.69%), Vitamin E: 0.88mg (5.9%), Vitamin B5: 0.55mg (5.54%), Manganese: 0.11mg (5.48%), Copper: 0.07mg (3.69%), Magnesium: 14.64mg (3.66%), Vitamin B2: 0.06mg (3.57%), Vitamin B3: 0.71mg (3.53%), Vitamin A: 154.6IU (3.09%), Vitamin B1: 0.05mg (3.05%), Phosphorus: 27.8mg (2.78%), Iron: 0.37mg (2.06%), Calcium: 19.22mg (1.92%), Zinc: 0.29mg (1.91%)