Cabbage Slaw with Tangy Mustard Seed Dressing

Vegetarian Vegan Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
35 min.	10	60 kcal

SIDE DISH

Ingredients

- [ ] 0.8 teaspoon pepper black freshly ground
- [ ] 2 tablespoons brown mustard seeds
- [ ] 1.5 pounds cabbage green
- [ ] 2 tablespoons canola oil
- [ ] 0.5 cup carrots grated
- [ ] 1 tablespoon cumin seeds
- [ ] 0.5 cup cilantro leaves fresh chopped

- [ ] 1 large garlic clove minced
- [ ] 0.5 jalapeno finely chopped
- [ ] 1 cup onion red vertically sliced
- [ ] 0.8 teaspoon salt
- [ ] 1.5 teaspoons sugar
- [ ] 0.3 cup citrus champagne vinegar

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] whisk

Directions

- [ ] Combine the first 4 ingredients in a large bowl.
- [ ] Heat a small saucepan over medium heat.
- [ ] Add oil to pan; swirl to coat.
- [ ] Add mustard and cumin seeds; cook 90 seconds or until mustard seeds begin to pop.
- [ ] Remove from heat. Stir in garlic and jalapeo; let stand 2 minutes.
- [ ] Add vinegar, sugar, salt, and pepper, stirring with a whisk.
- [ ] Pour vinegar mixture over cabbage mixture; toss to coat.
- [ ] Let stand 15 minutes.

Nutrition Facts

PROTEIN **8.68%** FAT **45.25%** CARBS **46.07%**

Properties

Glycemic Index:31.89, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:8.1791304090749%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 59.72kcal (2.99%), Fat: 3.19g (4.91%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.84g (4.26%), Cholesterol: 0mg (0%), Sodium: 193.73mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin K: 57.53µg (54.79%), Vitamin C: 27.71mg (33.59%), Vitamin A: 1206.3IU (24.13%), Manganese: 0.2mg (9.99%), Fiber: 2.35g (9.4%), Folate: 34.94µg (8.74%), Vitamin B6: 0.12mg (6.24%), Potassium: 184.66mg (5.28%), Iron: 0.87mg (4.84%), Vitamin E: 0.72mg (4.83%), Calcium: 41.96mg (4.2%), Vitamin B1: 0.06mg (4.11%), Magnesium: 15.1mg (3.77%), Phosphorus: 32.62mg (3.26%), Vitamin B2: 0.04mg (2.4%), Vitamin B5: 0.2mg (1.95%), Copper: 0.04mg (1.78%), Selenium: 1.22µg (1.74%), Vitamin B3: 0.31mg (1.54%), Zinc: 0.23mg (1.54%)