



## California Cole Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 small head cabbage shredded
- 1 small carrots shredded
- 0.5 cup cider vinegar
- 1 bell pepper green chopped
- 1 bell pepper red chopped
- 0.5 teaspoon salt
- 0.5 cup vegetable oil

1 small onion white chopped

3 tablespoons sugar white

## Equipment

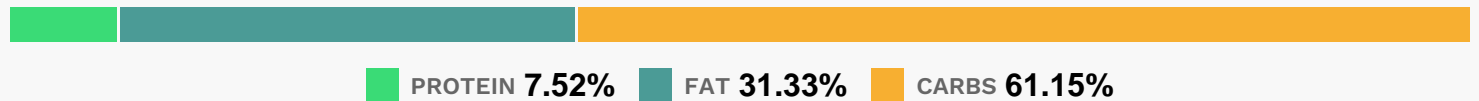
bowl

## Directions

In a large salad bowl, place the cabbage, onion, green bell pepper, red bell pepper and carrot.

Combine the vinegar, sugar, salt, pepper and vegetable oil in the bowl with the vegetables.  
Toss the mixture until the vegetables are fully coated with the marinade.

## Nutrition Facts



## Properties

Glycemic Index:50.32, Glycemic Load:6.81, Inflammation Score:-9, Nutrition Score:15.830869674683%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 106.57kcal (5.33%), Fat: 3.9g (6%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 12.94g (4.71%), Sugar: 12.07g (13.42%), Cholesterol: 0mg (0%), Sodium: 223.89mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Vitamin C: 86.24mg (104.54%), Vitamin K: 100.84µg (96.04%), Vitamin A: 2203.84IU (44.08%), Fiber: 4.18g (16.73%), Folate: 66.09µg (16.52%), Manganese: 0.32mg (16.24%), Vitamin B6: 0.28mg (13.77%), Potassium: 338.36mg (9.67%), Vitamin B1: 0.11mg (7.04%), Vitamin E: 0.92mg (6.14%), Calcium: 58.35mg (5.83%), Magnesium: 21.95mg (5.49%), Phosphorus: 48.09mg (4.81%), Vitamin B2: 0.08mg (4.66%), Iron: 0.81mg (4.53%), Vitamin B5: 0.37mg (3.73%), Vitamin B3: 0.66mg (3.32%), Copper: 0.05mg (2.53%), Zinc: 0.34mg (2.26%)