



Carrot-Cabbage Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

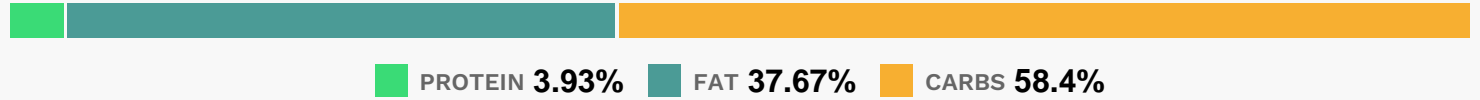
- 1 cup carrots shredded (2 large carrots)
- 1 tablespoon mint leaves fresh chopped
- 1 tablespoon honey
- 0.5 cup jicama shredded ()
- 1 tablespoon olive oil
- 1 cup cabbage shredded red
- 0.3 teaspoon salt
- 3 tablespoons balsamic vinegar white

Equipment

Directions

Stir together all ingredients. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:49.03, Glycemic Load:4.76, Inflammation Score:-10, Nutrition Score:8.5334782483785%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 84.53kcal (4.23%), Fat: 3.64g (5.6%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 10.42g (3.79%), Sugar: 8.77g (9.74%), Cholesterol: 0mg (0%), Sodium: 177.51mg (7.72%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin A: 5650.74IU (113.01%), Vitamin C: 18.28mg (22.15%), Vitamin K: 14.88µg (14.17%), Fiber: 2.27g (9.08%), Manganese: 0.14mg (7.23%), Potassium: 204.19mg (5.83%), Vitamin E: 0.81mg (5.43%), Vitamin B6: 0.1mg (5.02%), Folate: 13.56µg (3.39%), Iron: 0.56mg (3.13%), Magnesium: 11.9mg (2.97%), Calcium: 29.24mg (2.92%), Vitamin B1: 0.04mg (2.64%), Vitamin B2: 0.04mg (2.58%), Phosphorus: 24.2mg (2.42%), Vitamin B3: 0.47mg (2.34%), Copper: 0.04mg (1.76%), Vitamin B5: 0.15mg (1.5%), Zinc: 0.19mg (1.25%)