



Carrot Cabbage Slaw with Cumin Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 2.3 pounds carrots with tops
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 1 tablespoon brown sugar dark packed
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 6 cups savoy cabbage thinly sliced
- ☐ 2 tablespoons sherry vinegar

Equipment

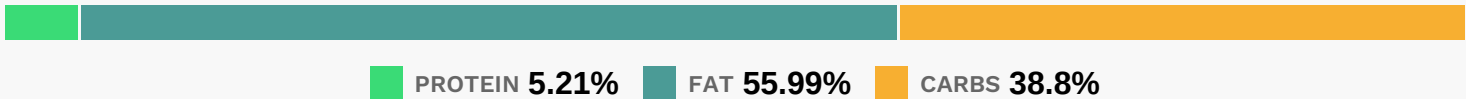
- ☐ bowl

☐ whisk

Directions

- ☐ Pick enough fronds from carrot tops to measure 1 cup, then coarsely chop.
- ☐ Cut carrots crosswise into 2-inch pieces, then julienne with slicer. 3
- ☐ Whisk together vinegar, brown sugar, cumin, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Toss cabbage, carrots, and chopped carrot tops in a large bowl with enough vinaigrette to coat. Season with salt and let stand 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.97, Glycemic Load:6.08, Inflammation Score:-10, Nutrition Score:18.393913092821%

Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 222.2kcal (11.11%), Fat: 14.55g (22.39%), Saturated Fat: 2g (12.5%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 15.72g (5.72%), Sugar: 11.6g (12.89%), Cholesterol: 0mg (0%), Sodium: 138.77mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Vitamin A: 29120.66IU (582.41%), Vitamin K: 79.06µg (75.29%), Vitamin C: 31.79mg (38.53%), Fiber: 6.97g (27.87%), Folate: 88.37µg (22.09%), Vitamin E: 3.27mg (21.79%), Potassium: 716.02mg (20.46%), Manganese: 0.38mg (19.2%), Vitamin B6: 0.37mg (18.5%), Vitamin B1: 0.16mg (10.89%), Magnesium: 41.61mg (10.4%), Vitamin B3: 1.9mg (9.5%), Phosphorus: 91.08mg (9.11%), Calcium: 85.84mg (8.58%), Vitamin B2: 0.12mg (7.1%), Iron: 1.13mg (6.26%), Copper: 0.12mg (6.21%), Vitamin B5: 0.6mg (5.98%), Zinc: 0.62mg (4.1%), Selenium: 0.84µg (1.2%)