



Central Texas Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



15

CALORIES



50 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup carrots shredded
- 0.3 cup olive oil extra virgin
- 0.5 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 medium jalapeno (with seeds), thinly sliced

- 1.5 teaspoons kosher salt
- 3 Tbsp juice of lime fresh
- 0.5 bell pepper red thinly sliced
- 2 cups cabbage red thinly sliced
- 2 tablespoons sugar
- 2 cups cabbage white thinly sliced
- 0.3 cup vinegar white
- 0.5 bell pepper yellow thinly sliced

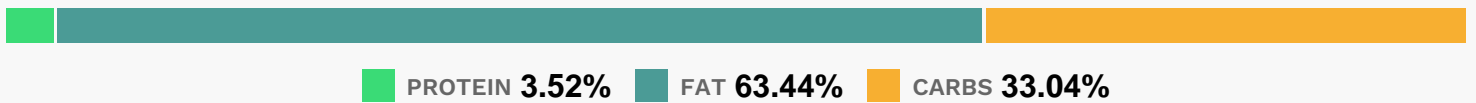
Equipment

- bowl
- whisk

Directions

- Whisk together vinegar, olive oil, sugar, lime juice, kosher salt, ground coriander, ground cumin, ground red pepper, and freshly ground black pepper in a large bowl.
- Add red cabbage, white cabbage, carrot, jalapeo pepper, red bell pepper, and yellow bell pepper. Toss to coat. Chill 1 hour before serving, tossing occasionally. Stir in cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:27.19, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:4.2839130305726%

Flavonoids

Cyanidin: 24.9mg, Cyanidin: 24.9mg, Cyanidin: 24.9mg, Cyanidin: 24.9mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg,

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 50.27kcal (2.51%), Fat: 3.7g (5.69%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 3.51g (1.28%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 241.22mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 24.98mg (30.28%), Vitamin A: 1048.52IU (20.97%), Vitamin K: 16.48µg (15.69%), Vitamin E: 0.7mg (4.67%), Manganese: 0.07mg (3.65%), Vitamin B6: 0.07mg (3.37%), Fiber: 0.82g (3.29%), Folate: 10.74µg (2.69%), Potassium: 86.49mg (2.47%), Iron: 0.26mg (1.47%), Vitamin B1: 0.02mg (1.42%), Magnesium: 5.5mg (1.37%), Calcium: 13.52mg (1.35%), Vitamin B2: 0.02mg (1.28%), Phosphorus: 11.14mg (1.11%), Vitamin B3: 0.22mg (1.08%)