

Chipotle Coleslaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 small chipotle chile canned minced
- ☐ 1 cup tightly cilantro leaves fresh packed chopped
- ☐ 7 green onions sliced into thin rounds
- ☐ 1 tsp kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon blackstrap molasses (not blackstrap)
- ☐ 6 cups cabbage shredded green red packed
- ☐ 0.5 cup cup heavy whipping cream sour

- ☐ 1.5 teaspoons sugar
- ☐ 3 tablespoons vinegar white

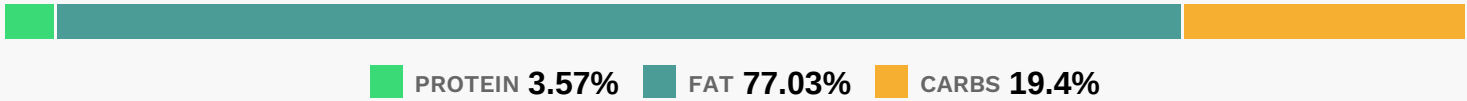
Equipment

- ☐ bowl

Directions

- ☐ Prepare the dressing: In a medium bowl, stir together mayonnaise, sour cream, vinegar, molasses, sugar, minced chile, adobo sauce, and 1 tsp. salt.
- ☐ In a large bowl, toss together cabbage, green onions, and 3/4 cup chopped cilantro.
- ☐ Pour dressing over vegetables, toss well, and refrigerate for at least 30 minutes and up to 4 hours. Before serving, add more salt if you like and scatter remaining 1/4 cup chopped cilantro over the top.

Nutrition Facts



Properties

Glycemic Index:40.26, Glycemic Load:2.31, Inflammation Score:-5, Nutrition Score:8.3313044180041%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 153.08kcal (7.65%), Fat: 13.35g (20.54%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 5.73g (2.09%), Sugar: 5.26g (5.84%), Cholesterol: 14.36mg (4.79%), Sodium: 397.16mg (17.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin K: 90.87µg (86.54%), Vitamin C: 21.86mg (26.5%), Folate: 32.1µg (8.02%), Vitamin A: 389.85IU (7.8%), Manganese: 0.15mg (7.71%), Fiber: 1.83g (7.32%), Potassium: 186.11mg (5.32%), Calcium: 51.21mg (5.12%), Vitamin B6: 0.1mg (4.91%), Vitamin E: 0.7mg (4.67%), Magnesium: 16.61mg (4.15%), Iron: 0.64mg (3.58%), Vitamin B2: 0.06mg (3.51%), Phosphorus: 33.38mg (3.34%), Vitamin B1: 0.04mg (2.96%), Selenium: 1.57µg (2.25%), Vitamin B5: 0.22mg (2.23%), Copper: 0.04mg (2.06%), Zinc: 0.22mg (1.48%), Vitamin B3: 0.24mg (1.18%)