



## Cilantro Slaw

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon cayenne pepper
- 2 cups cilantro leaves fresh chopped
- 1 head cabbage green sliced thin
- 1 teaspoon ground pepper black
- 1 cup mayonnaise
- 1 head purple cabbage sliced thin
- 0.5 teaspoon salt
- 2 tablespoons sugar

- 4 teaspoons vinegar white
- 2 cups milk whole plus more for thinning

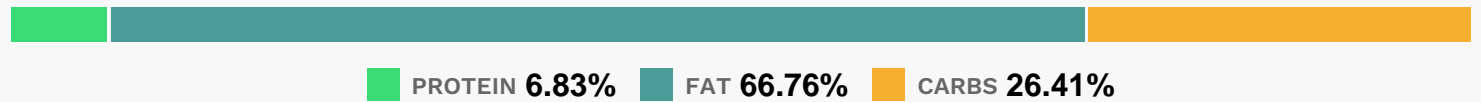
## Equipment

- bowl

## Directions

- Combine the shredded cabbage in a bowl. In a separate bowl, mix the milk, mayonnaise, sugar, vinegar, salt, black pepper and cayenne.
- Add more milk if you like the dressing a little thinner.
- Pour over the cabbage. Toss to combine.
- Just before serving, toss in the cilantro. Can mix the slaw up to 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:47.51, Glycemic Load:6.73, Inflammation Score:-9, Nutrition Score:19.633043341015%

## Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 301.83kcal (15.09%), Fat: 23.24g (35.75%), Saturated Fat: 4.48g (28%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 15.44g (5.61%), Sugar: 13.79g (15.32%), Cholesterol: 19.08mg (6.36%), Sodium: 397.08mg (17.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.7%), Vitamin K: 185.05µg (176.24%), Vitamin C: 102.5mg (124.24%), Vitamin A: 1721.95IU (34.44%), Manganese: 0.49mg (24.71%), Fiber: 5.25g (21%), Vitamin B6: 0.41mg (20.46%), Folate: 71.74µg (17.93%), Calcium: 174.11mg (17.41%), Potassium: 571.72mg (16.33%), Phosphorus: 131.24mg (13.12%), Vitamin B2: 0.22mg (12.7%), Vitamin B1: 0.18mg (11.78%), Magnesium: 39.69mg (9.92%), Vitamin E: 1.37mg (9.16%), Iron: 1.54mg (8.55%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.36µg (6.05%), Zinc: 0.75mg

(5.03%), Vitamin D: 0.73 $\mu$ g (4.85%), Vitamin B3: 0.83mg (4.13%), Selenium: 2.86 $\mu$ g (4.09%), Copper: 0.06mg (2.93%)