



Cilantro Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

Ingredients

- 0.3 cup carrots shredded
- 2 tablespoons champagne vinegar
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 cup green onions thinly sliced
- 4 cups napa cabbage thinly sliced
- 1 tablespoon olive oil
- 8 oz dole pineapple tidbits drained canned
- 0.3 cup radishes chopped (2 large)

0.3 cup onion sweet thinly sliced

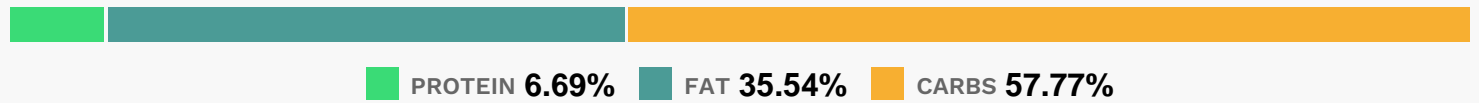
Equipment

bowl

Directions

Toss together all ingredients in a bowl. Season with salt and pepper to taste. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:6.8686956530032%

Flavonoids

Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 59.65kcal (2.98%), Fat: 2.51g (3.87%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 7.62g (2.77%), Sugar: 6.95g (7.72%), Cholesterol: 0mg (0%), Sodium: 13.31mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin K: 37.78µg (35.98%), Vitamin C: 20.07mg (24.33%), Vitamin A: 1171.9IU (23.44%), Folate: 50.04µg (12.51%), Vitamin B6: 0.17mg (8.54%), Potassium: 228.25mg (6.52%), Manganese: 0.13mg (6.37%), Fiber: 1.57g (6.3%), Calcium: 54.54mg (5.45%), Vitamin B1: 0.07mg (4.62%), Magnesium: 15.63mg (3.91%), Copper: 0.07mg (3.73%), Vitamin E: 0.49mg (3.25%), Vitamin B2: 0.05mg (2.69%), Phosphorus: 25.07mg (2.51%), Iron: 0.45mg (2.49%), Vitamin B3: 0.42mg (2.12%), Zinc: 0.22mg (1.47%)