



Classic Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon caraway seeds
- ☐ 2 large carrots peeled
- ☐ 1 head cabbage green
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup parsley leaves loosely packed roughly chopped
- ☐ 3 tablespoons red wine vinegar

- ☐ 4 scallions light white green thinly sliced
- ☐ 2.5 teaspoons sugar

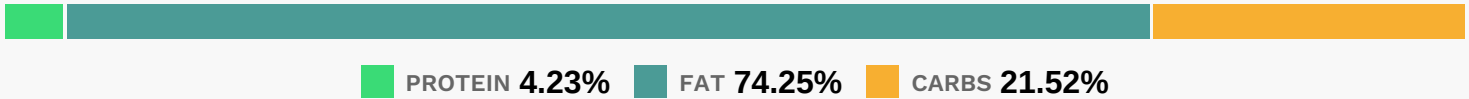
Equipment

- ☐ bowl
- ☐ whisk
- ☐ box grater

Directions

- ☐ In a small bowl, whisk together the mayonnaise, vinegar, salt, pepper, sugar, and caraway seeds. Slice the cabbage in half through the stem end.
- ☐ Remove and discard the core. Thinly slice the cabbage to create long, thin shreds. Grate the carrots on the large hole of a box grater. In a large bowl, combine the cabbage, carrots, scallions, and parsley.
- ☐ Add the dressing and toss. Cover and refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:76.73, Glycemic Load:6.53, Inflammation Score:-10, Nutrition Score:22.428695632064%

Flavonoids

Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 375.88kcal (18.79%), Fat: 31.86g (49.02%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 13.46g (4.89%), Sugar: 12.02g (13.36%), Cholesterol: 17.64mg (5.88%), Sodium: 482.79mg (20.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin K: 332.17µg (316.36%), Vitamin A: 6701.62IU (134.03%), Vitamin C: 92.61mg (112.26%), Folate: 119.99µg (30%), Fiber: 7.32g (29.3%), Manganese: 0.46mg (23.15%), Vitamin B6: 0.35mg (17.36%), Potassium: 575.45mg (16.44%), Vitamin E: 2.06mg (13.75%),

Calcium: 124.37mg (12.44%), Vitamin B1: 0.18mg (11.88%), Iron: 1.81mg (10.08%), Magnesium: 38.11mg (9.53%), Phosphorus: 90.89mg (9.09%), Vitamin B2: 0.14mg (7.97%), Vitamin B5: 0.68mg (6.77%), Vitamin B3: 1.02mg (5.08%), Zinc: 0.68mg (4.51%), Copper: 0.09mg (4.48%), Selenium: 1.84µg (2.63%)