



WHATSheATE



Classic Coleslaw



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients



4 cups cabbage green thinly sliced (or purple, or a mix)



1 large carrots grated



2 green onions thinly sliced



4 tablespoons mayonnaise



1 teaspoon mustard yellow



2 teaspoons red-wine vinegar



0.1 teaspoon pepper black freshly ground to taste (more)

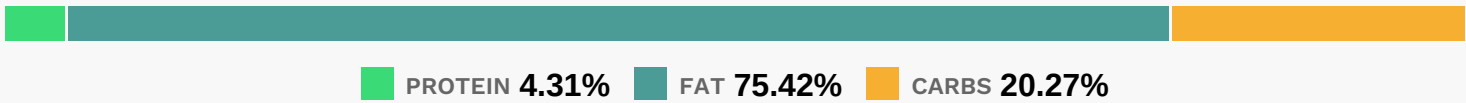
Equipment

☐ bowl

Directions

- ☐ Place the cabbage, carrot, and onions in a large bowl.
- ☐ Add the dressing ingredients and gently mix so that all of the shredded cabbage is coated with the dressing.
- ☐ Serve: Taste and add more salt and pepper if needed.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.21, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:11.168695671403%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 123.44kcal (6.17%), Fat: 10.64g (16.37%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 3.95g (1.44%), Sugar: 3.34g (3.71%), Cholesterol: 5.88mg (1.96%), Sodium: 128.77mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Vitamin K: 90.94µg (86.61%), Vitamin A: 3145.83IU (62.92%), Vitamin C: 27.82mg (33.72%), Fiber: 2.48g (9.92%), Folate: 38.16µg (9.54%), Manganese: 0.17mg (8.39%), Vitamin B6: 0.12mg (5.87%), Potassium: 200.49mg (5.73%), Vitamin E: 0.72mg (4.81%), Vitamin B1: 0.06mg (4.11%), Calcium: 40.62mg (4.06%), Magnesium: 12.73mg (3.18%), Phosphorus: 31.31mg (3.13%), Iron: 0.53mg (2.96%), Vitamin B2: 0.05mg (2.76%), Vitamin B5: 0.23mg (2.31%), Vitamin B3: 0.38mg (1.9%), Copper: 0.03mg (1.55%), Zinc: 0.22mg (1.49%), Selenium: 1.02µg (1.45%)