



 **45%**  
HEALTH SCORE

## Classic Creamy Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



724 kcal

SIDE DISH

### Ingredients

- 0.5 head cabbage red with outer leaves and stem removed rinsed
- 0.5 head cabbage green with outer leaves and stem removed (or you can just rinsed)
- 1 large carrots peeled
- 1 small spring onion with tops and roots cut off rinsed peeled
- 0.3 cup apple cider vinegar
- 0.3 cup mayonnaise
- 1 teaspoon dijon mustard
- 1 teaspoon caraway seeds

- 1 tablespoon sugar
- 0.5 teaspoon sea salt
- 1 serving pepper black freshly ground

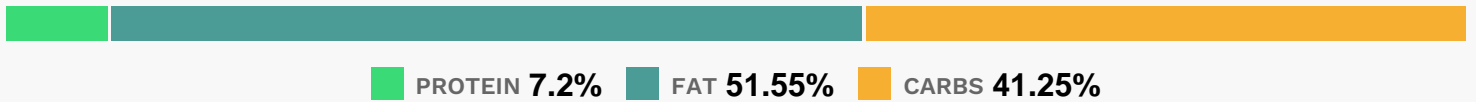
## Equipment

- bowl
- knife
- mandoline

## Directions

- Using a mandoline or a sharp knife, thinly slice the cabbage, carrot and onion or scallions and place in a medium-sized bowl.
- Mix the remaining ingredients (vinegar, mayo, mustard, caraway, sugar, salt and pepper) together and stir well to make a smooth dressing – you'll want to mix it until you're sure that the sugar and salt are fully dissolved. Toss the veggies with dressing, making sure everything is well-coated, and serve.

## Nutrition Facts



## Properties

Glycemic Index:378.92, Glycemic Load:24.82, Inflammation Score:-10, Nutrition Score:44.413913043478%

## Flavonoids

Cyanidin: 880.24mg, Cyanidin: 880.24mg, Cyanidin: 880.24mg, Cyanidin: 880.24mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

## Taste

Sweetness: 19.63%, Saltiness: 100%, Sourness: 46.3%, Bitterness: 53.12%, Savoriness: 51.69%, Fattiness: 49.02%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 724.17kcal (36.21%), Fat: 43.7g (67.23%), Saturated Fat: 6.85g (42.78%), Carbohydrates: 78.67g (26.22%), Net Carbohydrates: 55.36g (20.13%), Sugar: 46.74g (51.94%), Cholesterol: 23.52mg (7.84%), Sodium: 1822.27mg (79.23%), Protein: 13.73g (27.45%), Vitamin K: 616.66µg (587.3%), Vitamin C: 410.91mg (498.07%), Vitamin A: 17252.47IU (345.05%), Manganese: 2.07mg (103.63%), Fiber: 23.31g (93.22%), Vitamin B6: 1.56mg (77.88%), Folate: 290.98µg (72.74%), Potassium: 2126.53mg (60.76%), Calcium: 424.61mg (42.46%), Vitamin B1: 0.62mg (41.23%), Iron: 6.45mg (35.81%), Magnesium: 142.55mg (35.64%), Vitamin B2: 0.54mg (31.81%), Phosphorus: 304.4mg (30.44%), Vitamin E: 3.55mg (23.67%), Vitamin B5: 1.89mg (18.92%), Vitamin B3: 3.65mg (18.26%), Zinc: 2.19mg (14.58%), Copper: 0.23mg (11.73%), Selenium: 7.35µg (10.5%), Vitamin B12: 0.07µg (1.12%)