



Classic Slaw

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



11

CALORIES



43 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 cup carrots grated
- 0.3 teaspoon celery seeds
- 2 tablespoons cider vinegar
- 5 cups cabbage green thinly sliced
- 1 tablespoon pickled jalapeño pepper chopped
- 0.3 teaspoon kosher salt
- 0.5 cup mayonnaise reduced-fat

- 0.3 cup nonfat buttermilk
- 2 tablespoons onion sweet red finely chopped
- 2 teaspoons sugar

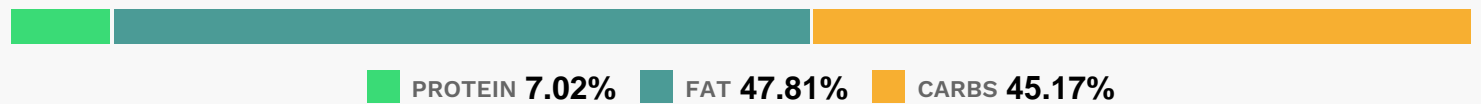
Equipment

- bowl
- whisk

Directions

- Combine first 9 ingredients (through celery seeds) in a large bowl, stirring with a whisk.
- Add carrot and cabbage; toss well to coat. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:4.8347825122916%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 42.57kcal (2.13%), Fat: 2.34g (3.59%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 3.84g (1.4%), Sugar: 2.95g (3.28%), Cholesterol: 1.74mg (0.58%), Sodium: 154.17mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin A: 1511.53IU (30.23%), Vitamin K: 31.21µg (29.72%), Vitamin C: 13.94mg (16.89%), Fiber: 1.12g (4.49%), Manganese: 0.09mg (4.44%), Folate: 16.55µg (4.14%), Vitamin B6: 0.06mg (3.02%), Potassium: 94.58mg (2.7%), Vitamin E: 0.38mg (2.53%), Calcium: 18.88mg (1.89%), Vitamin B1: 0.03mg (1.84%), Magnesium: 5.93mg (1.48%), Phosphorus: 14.31mg (1.43%), Iron: 0.23mg (1.3%), Vitamin B2: 0.02mg (1.15%), Vitamin B5: 0.1mg (1.05%)