



Cole Slaw

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

69 kcal

SIDE DISH

Ingredients

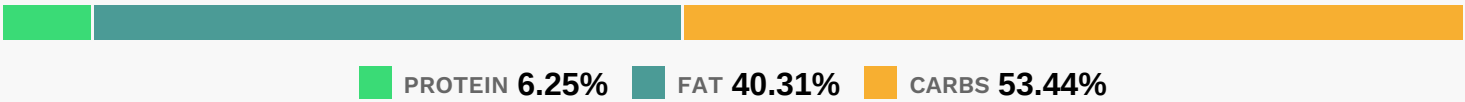
- ☐ 8 cups cabbage shredded
- ☐ 10 servings parsley fresh chopped
- ☐ 2 tablespoons onion chopped
- ☐ 10 servings paprika
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.7 cup vegetable oil
- ☐ 0.5 cup vinegar

Equipment

Directions

- ☐
- Combine first 6 ingredients; toss lightly to coat cabbage. Cover and refrigerate overnight.
- ☐
- Garnish with paprika and parsley.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:4.44, Inflammation Score:-8, Nutrition Score:9.8991304921067%

Flavonoids

Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 69.12kcal (3.46%), Fat: 3.27g (5.03%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 7.49g (2.72%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 246.61mg (10.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin K: 115.12µg (109.64%), Vitamin C: 25.98mg (31.49%), Vitamin A: 1376.96IU (27.54%), Fiber: 2.26g (9.06%), Folate: 31.52µg (7.88%), Manganese: 0.14mg (6.91%), Vitamin E: 0.93mg (6.23%), Vitamin B6: 0.12mg (5.91%), Iron: 0.95mg (5.26%), Potassium: 166.28mg (4.75%), Calcium: 33.92mg (3.39%), Magnesium: 12.61mg (3.15%), Vitamin B2: 0.05mg (3.08%), Vitamin B1: 0.05mg (3.01%), Phosphorus: 24.25mg (2.43%), Vitamin B3: 0.39mg (1.93%), Vitamin B5: 0.19mg (1.87%), Copper: 0.03mg (1.65%), Zinc: 0.24mg (1.57%)