



Cole Slaw with Pecans and Spicy Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

Ingredients

- 4 carrots shredded
- 1 tablespoon dijon mustard
- 2 granny smith apples thinly sliced
- 1 teaspoon ground chipotle
- 1 juice of lemon juiced
- 8 servings kosher salt and pepper black freshly ground
- 0.8 cup mayonnaise
- 1 Leaves from 1 bunch mint fresh for garnish

- 1 cup pecans toasted chopped
- 1 medium onion red thinly sliced
- 1 head savoy cabbage shredded
- 1 teaspoon sugar

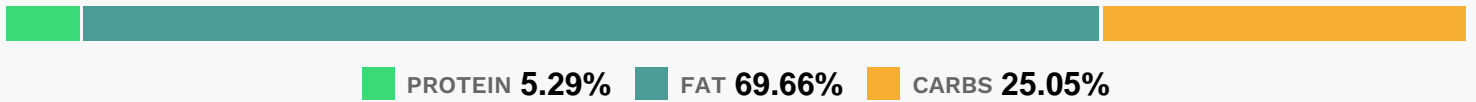
Equipment

- bowl

Directions

- Combine the cabbage, carrots, apples, onion, and pecans in a large bowl.
- Mix well with your hands and set aside.
- In a small bowl, stir together the mustard, sugar, mayonnaise, ground chipotle, and lemon juice until blended. Season with salt and pepper.
- Pour the dressing over the cabbage mixture and toss well to coat. Taste again for seasoning, then mound onto a platter and garnish with mint leaves.

Nutrition Facts



Properties

Glycemic Index:41.49, Glycemic Load:4.47, Inflammation Score:-10, Nutrition Score:20.787391203901%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.11mg

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 305.21kcal (15.26%), Fat: 25.01g (38.47%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 13.17g (4.79%), Sugar: 10.56g (11.74%), Cholesterol: 8.82mg (2.94%), Sodium: 211.69mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), Vitamin A: 6342.25IU (126.84%), Vitamin K: 117.6µg (112%), Vitamin C: 41.38mg (50.16%), Manganese: 0.86mg (43.17%), Fiber: 7.06g (28.24%), Folate: 104.52µg (26.13%), Vitamin B6: 0.33mg (16.36%), Potassium: 492.97mg (14.08%), Magnesium: 55.67mg (13.92%), Vitamin B1: 0.2mg (13.46%), Copper: 0.26mg (12.97%), Phosphorus: 108.84mg (10.88%), Vitamin E: 1.45mg (9.65%), Zinc: 1.04mg (6.91%), Calcium: 68.37mg (6.84%), Iron: 1.07mg (5.94%), Vitamin B2: 0.09mg (5.38%), Vitamin B5: 0.5mg (4.95%), Vitamin B3: 0.88mg (4.42%), Selenium: 2.77µg (3.95%)