



Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- 1 medium head cabbage shredded
- 1 carrots
- 0.3 onion chopped
- 0.3 cup vegetable oil
- 0.3 cup vinegar
- 0.3 cup sugar white

Equipment

- bowl

Directions

In a large bowl, combine cabbage, carrot, onion, vegetable oil, vinegar and sugar. Stir until the ingredients are well mixed. Chill in the refrigerator until serving.

Nutrition Facts

PROTEIN 5.02% **FAT 50.41%** **CARBS 44.57%**

Properties

Glycemic Index:29.74, Glycemic Load:6.33, Inflammation Score:-8, Nutrition Score:11.293043333551%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 118.6kcal (5.93%), Fat: 6.97g (10.72%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 10.75g (3.91%), Sugar: 10.38g (11.53%), Cholesterol: 0mg (0%), Sodium: 26.05mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin K: 99.81µg (95.06%), Vitamin C: 42.25mg (51.21%), Vitamin A: 1385.13IU (27.7%), Folate: 50.91µg (12.73%), Fiber: 3.11g (12.44%), Manganese: 0.2mg (10.08%), Vitamin B6: 0.16mg (7.77%), Potassium: 222.65mg (6.36%), Vitamin E: 0.78mg (5.19%), Vitamin B1: 0.08mg (5.06%), Calcium: 49.25mg (4.92%), Magnesium: 14.96mg (3.74%), Phosphorus: 33.49mg (3.35%), Iron: 0.57mg (3.17%), Vitamin B2: 0.05mg (3.06%), Vitamin B5: 0.27mg (2.66%), Vitamin B3: 0.34mg (1.72%), Zinc: 0.23mg (1.53%), Copper: 0.03mg (1.36%)