



Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 1 large carrots grated
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 large bell pepper green finely chopped
- ☐ 2.5 pound cabbage shredded green cored finely chopped cut into 3-inch chunks, then or
- ☐ 1.3 cups mayonnaise
- ☐ 1 medium onion finely chopped
- ☐ 2 teaspoon sugar

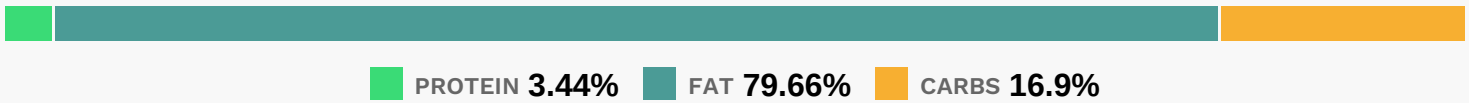
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Toss all vegetables in a large bowl with 1 teaspoon each of salt and pepper.
- ☐ Whisk together mayonnaise, vinegar, and sugar, then toss with slaw. Chill, covered, stirring occasionally, at least 1 hour (for vegetables to wilt and flavors to blend).
- ☐ Slaw can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:35.99, Glycemic Load:3.52, Inflammation Score:-9, Nutrition Score:15.336521730475%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 292.67kcal (14.63%), Fat: 26.4g (40.61%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 8.23g (2.99%), Sugar: 7.27g (8.08%), Cholesterol: 14.7mg (4.9%), Sodium: 255.65mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 167.54µg (159.56%), Vitamin C: 69.91mg (84.74%), Vitamin A: 1741.33IU (34.83%), Fiber: 4.38g (17.51%), Folate: 69.07µg (17.27%), Manganese: 0.31mg (15.48%), Vitamin B6: 0.25mg (12.67%), Vitamin E: 1.5mg (9.99%), Potassium: 340.01mg (9.71%), Vitamin B1: 0.11mg (7.59%), Calcium: 68.39mg (6.84%), Phosphorus: 56.24mg (5.62%), Magnesium: 22.36mg (5.59%), Iron: 0.89mg (4.92%), Vitamin B2: 0.08mg (4.6%), Vitamin B5: 0.42mg (4.22%), Copper: 0.06mg (2.87%), Vitamin B3: 0.53mg (2.67%), Zinc: 0.38mg (2.56%), Selenium: 1.32µg (1.89%)