



Coleslaw Cups

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 5 carrots peeled
- 1 clove garlic minced
- 3 cups cabbage shredded green
- 0.5 cup heavy cream
- 1 head iceberg lettuce separated
- 0.8 teaspoon kosher salt
- 1 optional: lemon

- 0.5 cup olive oil
- 4 scallions thinly sliced
- 1 small onion white thinly sliced

Equipment

- bowl
- knife
- whisk
- kitchen scissors
- cutting board
- peeler

Directions

- Peel the lemon. Separate the segments using a small, sharp knife. Discard any seeds. On a cutting board, chop the segments with the garlic to form a smooth paste.
- Transfer to a small bowl and, whisking constantly, slowly add the oil in a steady stream. Repeat with the cream. Season with the salt and pepper. Use a vegetable peeler to shave the carrots into ribbons. In a large bowl, combine the carrots, cabbage, onion, scallions, and dressing. Cover and refrigerate for at least 2 hours. Using scissors, trim 8 of the large inner lettuce leaves into neat cup shapes and place in a bowl of ice water. Just before serving, remove the lettuce cups from the water and shake dry. Spoon the coleslaw into the cups.

Nutrition Facts

  
 **PROTEIN 6.76%**  **FAT 60.18%**  **CARBS 33.06%**

Properties

Glycemic Index:33.67, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:12.366086955952%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.36mg,

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 116.28kcal (5.81%), Fat: 8.35g (12.84%), Saturated Fat: 3.84g (24%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 7.06g (2.57%), Sugar: 5.26g (5.85%), Cholesterol: 16.81mg (5.6%), Sodium: 261.52mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin A: 7015.46IU (140.31%), Vitamin K: 55.99µg (53.32%), Vitamin C: 22.88mg (27.73%), Fiber: 3.25g (13.02%), Manganese: 0.23mg (11.43%), Folate: 45.69µg (11.42%), Potassium: 326.96mg (9.34%), Vitamin B6: 0.15mg (7.43%), Vitamin E: 0.99mg (6.63%), Vitamin B1: 0.09mg (5.69%), Calcium: 56.26mg (5.63%), Vitamin B2: 0.09mg (5.17%), Phosphorus: 49.96mg (5%), Magnesium: 16.95mg (4.24%), Iron: 0.75mg (4.18%), Vitamin B5: 0.3mg (3.04%), Vitamin B3: 0.59mg (2.94%), Copper: 0.06mg (2.85%), Zinc: 0.33mg (2.19%), Vitamin D: 0.24µg (1.59%), Selenium: 0.82µg (1.18%)