



Coleslaw with a Twist

 Dairy Free

READY IN



145 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

Ingredients

- 4 ounces rotini pasta uncooked (corkscrew)
- 1 cup cabbage shredded green finely
- 1 cup cabbage shredded red finely
- 1 cup apples red all-purpose unpeeled chopped
- 1 cup jicama peeled chopped
- 0.3 cup sugar
- 0.3 cup water
- 2 tablespoons apple cider vinegar

- 0.5 teaspoon mustard seeds
- 0.1 teaspoon salt

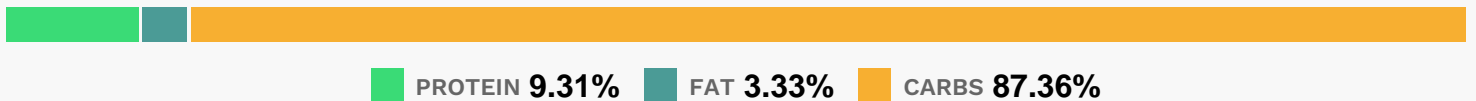
Equipment

- bowl
- plastic wrap
- microwave
- slotted spoon

Directions

- Cook and drain pasta as directed on package; rinse and drain.
- Place pasta, cabbages, apple and jicama in large bowl.
- Mix sugar, water and vinegar in 1-cup microwavable measure. Cover with plastic wrap, folding back one side to vent. Microwave on High 1 to 2 minutes or until boiling; stir. Microwave uncovered 30 seconds longer. Stir in mustard seed and salt.
- Pour over cabbage mixture; toss.
- Cover and refrigerate about 2 hours or until chilled.
- Serve with slotted spoon.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:9.61, Inflammation Score:-3, Nutrition Score:4.1856521627177%

Flavonoids

Cyanidin: 23.59mg, Cyanidin: 23.59mg, Cyanidin: 23.59mg, Cyanidin: 23.59mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin:

0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 98.33kcal (4.92%), Fat: 0.37g (0.57%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 19.71g (7.17%), Sugar: 9.27g (10.3%), Cholesterol: 0mg (0%), Sodium: 43.22mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Vitamin C: 13.56mg (16.43%), Selenium: 9.6µg (13.71%), Vitamin K: 11.32µg (10.78%), Manganese: 0.2mg (10.03%), Fiber: 2.1g (8.4%), Phosphorus: 38.9mg (3.89%), Magnesium: 14.03mg (3.51%), Vitamin B6: 0.07mg (3.41%), Potassium: 118.87mg (3.4%), Copper: 0.06mg (2.98%), Vitamin A: 144.64IU (2.89%), Folate: 11.04µg (2.76%), Iron: 0.46mg (2.55%), Vitamin B1: 0.03mg (2.18%), Zinc: 0.29mg (1.91%), Vitamin B3: 0.36mg (1.82%), Vitamin B2: 0.03mg (1.77%), Calcium: 15.44mg (1.54%), Vitamin B5: 0.13mg (1.29%), Vitamin E: 0.15mg (1.02%)