



Coleslaw with Creamy Cumin Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- 1 large carrots grated
- 1 teaspoon celery salt
- 0.5 teaspoon cumin seeds crushed toasted
- 0.3 cup optional: dill fresh chopped
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup juice of lime freshly squeezed
- 1 lime zest finely grated
- 0.5 cup mayonnaise

- 1 small head napa cabbage shredded finely
- 1 tablespoon olive oil
- 1 small bell pepper red julienned
- 1 small onion red halved thinly sliced
- 1 tablespoon sugar
- 1 small bell pepper yellow julienned

Equipment

- bowl
- whisk

Directions

- Whisk together the mayonnaise, olive oil, lime zest, lime juice, dill, sugar, celery salt and cumin seeds in a large bowl. Season with salt and pepper.
- Add the cabbage, carrots, onions and peppers, and toss to coat in the dressing. Season with salt and pepper. Cover and refrigerate for at least 1 hour and up to 4 hours before serving.

Nutrition Facts



PROTEIN 5.1% **FAT 69.76%** **CARBS 25.14%**

Properties

Glycemic Index:56.99, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:19.043478359347%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 5.71mg, Hesperetin: 5.71mg, Hesperetin: 5.71mg, Hesperetin: 5.71mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 205.64kcal (10.28%), Fat: 16.8g (25.85%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.37g (3.77%), Sugar: 6.45g (7.16%), Cholesterol: 7.84mg (2.61%), Sodium: 531.35mg (23.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin C: 88.93mg (107.8%), Vitamin K: 98.74µg (94.04%), Vitamin A: 3069.48IU (61.39%), Folate: 138.95µg (34.74%), Vitamin B6: 0.46mg (22.9%), Manganese: 0.4mg (20.11%), Potassium: 520.16mg (14.86%), Calcium: 138.84mg (13.88%), Fiber: 3.25g (13.02%), Vitamin E: 1.46mg (9.73%), Magnesium: 29.26mg (7.32%), Phosphorus: 68.81mg (6.88%), Vitamin B2: 0.11mg (6.75%), Vitamin B1: 0.1mg (6.43%), Iron: 1.03mg (5.73%), Vitamin B3: 1.05mg (5.23%), Copper: 0.1mg (5.07%), Zinc: 0.53mg (3.56%), Vitamin B5: 0.35mg (3.51%), Selenium: 1.56µg (2.23%)