



 **77%**  
HEALTH SCORE

## Coleslaw with Cumin-Lime Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

### Ingredients

- 3 carrots shredded peeled
- 0.5 cup cilantro leaves fresh chopped
- 2 cloves garlic chopped
- 1 medium head cabbage shredded green
- 0.5 teaspoon ground cumin
- 3 dashes bobby flay's hot sauce your favorite
- 0.3 cup juice of lime fresh
- 0.5 cup olive oil

- 1 bell pepper red julienned
- 1 onion red thinly sliced
- 8 servings salt and pepper

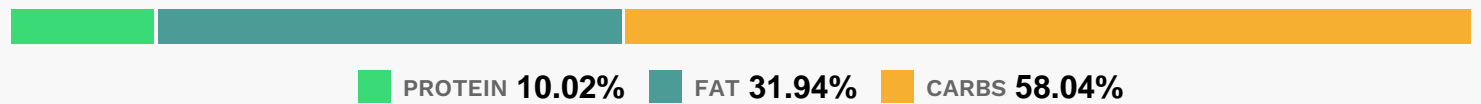
## Equipment

- bowl
- blender

## Directions

- Place all ingredients in a blender and blend until smooth.
- Combine all ingredients in a large bowl, toss with the dressing and season with salt and pepper, to taste.

## Nutrition Facts



## Properties

Glycemic Index:27.1, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:16.560869571955%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 75.33kcal (3.77%), Fat: 2.97g (4.57%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 8.02g (2.92%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 233.19mg (10.14%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.1g (4.2%), Vitamin K: 94.87µg (90.35%), Vitamin A: 4472.98IU (89.46%), Vitamin C: 66.51mg (80.62%), Fiber: 4.12g (16.49%), Folate: 64.27µg (16.07%), Manganese: 0.27mg (13.6%), Vitamin B6: 0.25mg (12.37%), Potassium: 339.98mg (9.71%), Vitamin B1: 0.1mg (6.95%), Vitamin E: 1mg (6.67%), Calcium: 61.91mg (6.19%), Magnesium: 21.24mg (5.31%), Phosphorus: 49.04mg (4.9%), Vitamin B2: 0.08mg (4.67%), Iron: 0.2mg (2.27%)

0.83mg (4.64%), Vitamin B5: 0.39mg (3.9%), Vitamin B3: 0.69mg (3.44%), Copper: 0.05mg (2.41%), Zinc: 0.35mg (2.32%)