



Colombian Coleslaw (Ensalada de Repollo y Zanahoria)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 2 cup carrots peeled cut into chunks
- ☐ 4 cups cabbage green cut into chunks
- ☐ 1 pinch ground cumin
- ☐ 1 juice of lime
- ☐ 0.3 cup mayonnaise
- ☐ 3 servings salt and pepper black
- ☐ 2 tablespoon cup heavy whipping cream sour

- ☐ 2 tablespoons sugar
- ☐ 0.3 cup onion white chopped
- ☐ 1 tablespoon vinegar white

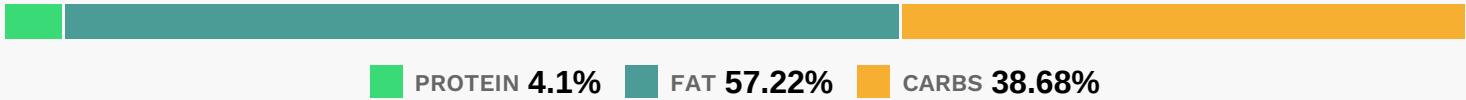
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Place the cabbage, carrots and onions in a food processor and process for about 1 minute or until the vegetables are finely chopped.In a small bowl whisk together the mayonnaise, sour cream, vinegar, sugar, salt, pepper, cumin powder, lime juice and rind.
- ☐ Add the cabbage mixture to the mayonnaise mixture.
- ☐ Mix well to combine all the ingredients. Taste and add more sugar if desired.

Nutrition Facts



Properties

Glycemic Index:97.64, Glycemic Load:9.98, Inflammation Score:-10, Nutrition Score:17.338695634966%

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: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 240.81kcal (12.04%), Fat: 15.87g (24.41%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 19.14g (6.96%), Sugar: 16.13g (17.92%), Cholesterol: 12.56mg (4.19%), Sodium: 391.46mg

(17.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.11%), Vitamin A: 14414.92IU (288.3%), Vitamin K: 112.86µg (107.48%), Vitamin C: 43.26mg (52.43%), Fiber: 4.99g (19.97%), Folate: 61.3µg (15.32%), Manganese: 0.3mg (14.87%), Potassium: 477.54mg (13.64%), Vitamin B6: 0.26mg (12.91%), Vitamin E: 1.37mg (9.14%), Vitamin B1: 0.13mg (8.37%), Calcium: 80.36mg (8.04%), Phosphorus: 69.78mg (6.98%), Vitamin B2: 0.11mg (6.5%), Magnesium: 24.74mg (6.19%), Vitamin B3: 1.1mg (5.48%), Vitamin B5: 0.52mg (5.19%), Iron: 0.81mg (4.48%), Copper: 0.07mg (3.52%), Zinc: 0.46mg (3.08%), Selenium: 1.24µg (1.78%)