



## Colorful Coleslaw

 Vegetarian  Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

### Ingredients

- 2 carrots shredded whole
- 2 cups cilantro leaves fresh
- 0.5 head cabbage green sliced thin
- 2 dashes hot sauce
- 0.5 cup mayonnaise
- 3 pasilla peppers sweet mini thinly sliced (in two different colors)
- 0.5 head purple cabbage sliced thin
- 0.3 teaspoon salt

- 1 tablespoon sugar
- 1 teaspoon vinegar white
- 0.5 cup milk whole

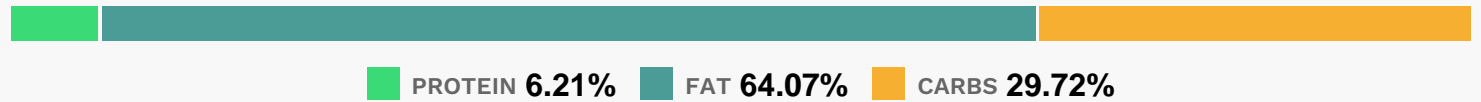
## Equipment

- bowl

## Directions

- Watch how to make this recipe.
- Combine the shredded green cabbage, purple cabbage, sweet peppers and carrots in a bowl. In a separate bowl, mix the mayonnaise, milk, sugar, vinegar, salt and hot sauce.
- Pour over the cabbage. Toss to combine.
- Add the cilantro at the very end. Cover and refrigerate for 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:49.37, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:16.166087046913%

## Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

## Nutrients (% of daily need)

Calories: 150.59kcal (7.53%), Fat: 11.19g (17.22%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.4g (3.06%), Sugar: 7.33g (8.15%), Cholesterol: 7.71mg (2.57%), Sodium: 205.21mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin K: 100.96µg (96.15%), Vitamin C: 66.1mg (80.12%), Vitamin A: 3821IU (76.42%), Manganese: 0.27mg (13.55%), Fiber: 3.28g (13.12%), Vitamin B6: 0.25mg (12.4%), Folate: 44.75µg (11.19%), Potassium: 341.46mg (9.76%), Calcium: 74.72mg (7.47%), Vitamin E: 0.98mg (6.51%), Vitamin B1: 0.1mg (6.44%), Vitamin B2: 0.11mg (6.3%), Phosphorus: 58.84mg (5.88%), Magnesium: 21.31mg

(5.33%), Iron: 0.88mg (4.88%), Vitamin B5: 0.38mg (3.76%), Vitamin B3: 0.67mg (3.33%), Zinc: 0.38mg (2.56%),  
Copper: 0.04mg (2.02%), Selenium: 1.17µg (1.67%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.2µg (1.31%)