



## Colorful Crunchy Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 1 cup carrots shredded
- 1 teaspoon celery seeds
- 2 cups cabbage green thinly sliced
- 0.5 cup julienne-cut jicama peeled
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 2 cups cabbage red thinly sliced
- 1 cup bell pepper sweet red chopped

- 0.5 teaspoon salt
- 2 tablespoons spicy brown mustard
- 1 cup spinach leaves fresh thinly sliced
- 0.3 cup sugar
- 1 tablespoon vegetable oil
- 0.5 cup citrus champagne vinegar

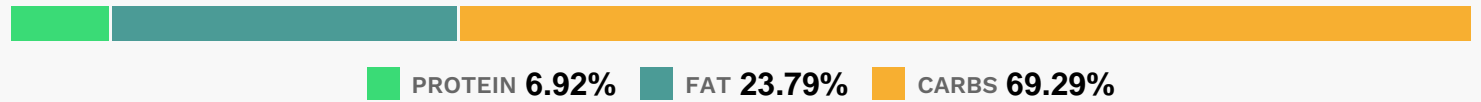
## Equipment

- bowl

## Directions

- Combine first 7 ingredients in a large bowl.
- Combine vinegar and remaining 6 ingredients, stirring well.
- Pour dressing over cabbage mixture; stir well. Cover and chill at least 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:60.49, Glycemic Load:8.03, Inflammation Score:-10, Nutrition Score:15.210869364117%

## Flavonoids

Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## Nutrients (% of daily need)

Calories: 101.3kcal (5.07%), Fat: 2.79g (4.29%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 14.81g (5.38%), Sugar: 13.11g (14.57%), Cholesterol: 0mg (0%), Sodium: 283.86mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Vitamin A: 5171IU (103.42%), Vitamin C: 63.25mg (76.67%),

Vitamin K: 61.71µg (58.78%), Manganese: 0.3mg (15.15%), Fiber: 3.47g (13.87%), Vitamin B6: 0.23mg (11.48%), Folate: 44.78µg (11.2%), Potassium: 317.29mg (9.07%), Vitamin E: 0.96mg (6.41%), Magnesium: 24.48mg (6.12%), Iron: 1.08mg (6%), Vitamin B1: 0.08mg (5.57%), Calcium: 51.59mg (5.16%), Vitamin B2: 0.09mg (5.03%), Phosphorus: 46.1mg (4.61%), Vitamin B3: 0.74mg (3.72%), Selenium: 2.28µg (3.26%), Vitamin B5: 0.28mg (2.8%), Copper: 0.05mg (2.61%), Zinc: 0.35mg (2.34%)