



WHATSheATE



Confetti Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 1 pound cabbage shredded prepared
- ☐ 0.8 cup carrots shredded prepared
- ☐ 0.3 cup catsup
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 cup lightly cilantro fresh packed
- ☐ 6 servings cilantro sprigs fresh
- ☐ 1 cup jicama shredded peeled
- ☐ 2 tablespoons mustard prepared

- ☐ 4 oz onion cut in half
- ☐ 6 oz bell pepper red stemmed seeded cut into thin strips
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons sugar

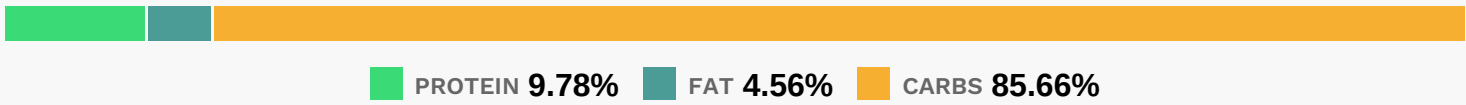
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ In a large bowl, mix together cabbage, jicama, bell pepper, and carrots.
- ☐ In a blender or food processor, combine 1/2 cup cilantro, onion, vinegar, catsup, mustard, and sugar. Whirl until smooth.
- ☐ Add to cabbage mixture and mix well. Season with salt and pepper to taste and garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:61.82, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:15.275652211645%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 80.29kcal (4.01%), Fat: 0.44g (0.67%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 13.87g (5.04%), Sugar: 11.82g (13.13%), Cholesterol: 0mg (0%), Sodium: 368.26mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin C: 71.49mg (86.66%), Vitamin A: 3791.17IU

(75.82%), Vitamin K: 65.92µg (62.78%), Fiber: 4.6g (18.41%), Folate: 56.92µg (14.23%), Manganese: 0.28mg (14.18%), Vitamin B6: 0.25mg (12.57%), Potassium: 352.51mg (10.07%), Vitamin E: 0.97mg (6.46%), Vitamin B1: 0.1mg (6.43%), Magnesium: 23.63mg (5.91%), Vitamin B2: 0.1mg (5.76%), Phosphorus: 51.76mg (5.18%), Calcium: 51.15mg (5.12%), Iron: 0.87mg (4.81%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.37mg (3.74%), Selenium: 2.34µg (3.34%), Copper: 0.06mg (3.05%), Zinc: 0.37mg (2.5%)