



Confetti Slaw with Poppy-Seed Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup pre-cut matchstick carrots
- ☐ 2 tablespoons cider vinegar
- ☐ 1.5 teaspoons dijon mustard
- ☐ 1.5 teaspoons optional: dill fresh chopped
- ☐ 1 cup cabbage green thinly sliced
- ☐ 1.5 teaspoons honey
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper

- ☐ 1 teaspoon poppy seeds
- ☐ 1 cup cabbage red thinly sliced
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl

Directions

- ☐ Combine first 8 ingredients (through pepper) in a bowl.
- ☐ Add cabbage and carrots; toss to coat.

Nutrition Facts



Properties

Glycemic Index:63.07, Glycemic Load:1.81, Inflammation Score:-9, Nutrition Score:6.5630434907001%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 40.68kcal (2.03%), Fat: 1.45g (2.24%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 4.97g (1.81%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 188.35mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin A: 2476.77IU (49.54%), Vitamin C: 19.56mg (23.71%), Vitamin K: 24.14µg (22.99%), Manganese: 0.2mg (10.1%), Fiber: 1.63g (6.53%), Vitamin B6: 0.09mg (4.46%), Folate: 16.73µg (4.18%), Potassium: 138.76mg (3.96%), Calcium: 35.51mg (3.55%), Iron: 0.55mg (3.07%), Magnesium: 11.43mg (2.86%), Vitamin B1: 0.04mg (2.65%), Phosphorus: 25.18mg (2.52%), Copper: 0.04mg (2%), Vitamin B2: 0.03mg (1.85%), Selenium: 1.1µg (1.58%), Vitamin B5: 0.15mg (1.46%), Vitamin E: 0.22mg (1.44%), Zinc: 0.19mg (1.27%), Vitamin B3: 0.25mg (1.23%)