



Country Apple Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup apple cider vinegar
- ☐ 1 cucumber seeded sliced
- ☐ 0.8 cup cherries dried
- ☐ 2 apples i use 2 granny smith apples thinly sliced
- ☐ 4 cups cabbage shredded green ()
- ☐ 0.3 cup honey
- ☐ 0.3 cup olive oil

- ☐ 4 cups cabbage shredded red ()
- ☐ 0.3 cup pumpkin seeds salted shelled (pumpkin seeds)
- ☐ 2 teaspoons salt

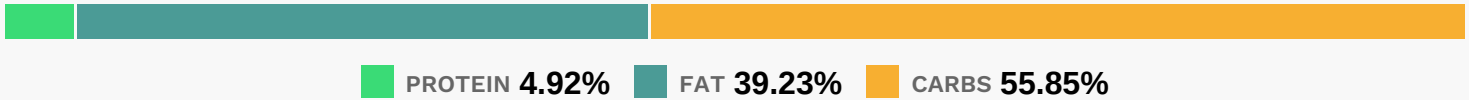
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine apples and next 4 ingredients in a large bowl.
- ☐ Whisk together vinegar and next 4 ingredients in a medium bowl. Toss vinaigrette with apple mixture; cover and chill up to 4 hours.
- ☐ Sprinkle with pepitos.

Nutrition Facts



Properties

Glycemic Index:32.16, Glycemic Load:9.15, Inflammation Score:-7, Nutrition Score:10.487826129665%

Flavonoids

Cyanidin: 94.09mg, Cyanidin: 94.09mg, Cyanidin: 94.09mg, Cyanidin: 94.09mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 223.97kcal (11.2%), Fat: 10.23g (15.74%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 28.35g (10.31%), Sugar: 25.64g (28.49%), Cholesterol: 0mg (0%), Sodium: 604.37mg (26.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin K: 53.07µg (50.54%), Vitamin C: 41.58mg (50.4%), Vitamin A: 986.9IU (19.74%), Manganese: 0.36mg (18.21%), Fiber: 4.41g (17.65%), Vitamin E: 1.54mg (10.24%), Vitamin B6: 0.18mg (9.04%), Potassium: 303.62mg (8.67%), Magnesium: 31.19mg (7.8%), Folate: 31.14µg (7.78%), Iron: 1.17mg (6.53%), Phosphorus: 61.95mg (6.19%), Calcium: 56.05mg (5.6%), Vitamin B1: 0.07mg (4.99%), Copper: 0.09mg (4.42%), Vitamin B2: 0.07mg (4.39%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.28mg (2.84%), Vitamin B3: 0.44mg (2.21%), Selenium: 0.73µg (1.05%)