



Creamy Coleslaw With Grapes and Walnuts

READY IN



90 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons tarragon fresh chopped
- ☐ 2 cups grapes green seedless chopped
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 8 scallions chopped

- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup walnut pieces
- ☐ 1 small or shredded green finely

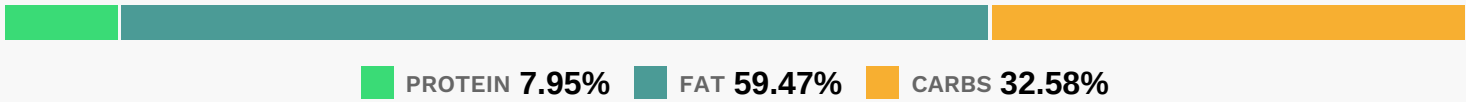
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Spread the walnuts on a baking sheet and bake until lightly toasted, 5 to 7 minutes.
- ☐ Let cool, then coarsely chop.
- ☐ Whisk the vinegar, mustard, sugar, 1 1/2 teaspoons salt and 1/2 teaspoon pepper in a large bowl. Gradually whisk in the olive oil until well blended, then whisk in the sour cream.
- ☐ Add the cabbage, cilantro, dill, tarragon, scallions, grapes and toasted walnuts to the bowl; toss to coat with the dressing. Cover and refrigerate 1 to 4 hours before serving.
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:50.14, Glycemic Load:6.47, Inflammation Score:-6, Nutrition Score:15.134782684886%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg,

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 208.37kcal (10.42%), Fat: 14.8g (22.77%), Saturated Fat: 3.2g (20%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 14.34g (5.22%), Sugar: 11.47g (12.74%), Cholesterol: 11.31mg (3.77%), Sodium: 241.38mg (10.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Vitamin K: 101.37µg (96.54%), Vitamin C: 37.93mg (45.98%), Manganese: 0.79mg (39.74%), Folate: 66.35µg (16.59%), Fiber: 3.9g (15.6%), Vitamin B6: 0.28mg (14.11%), Copper: 0.27mg (13.65%), Potassium: 416.1mg (11.89%), Magnesium: 45.32mg (11.33%), Iron: 1.99mg (11.03%), Calcium: 110.15mg (11.01%), Phosphorus: 98.43mg (9.84%), Vitamin A: 486.9IU (9.74%), Vitamin B2: 0.16mg (9.28%), Vitamin B1: 0.14mg (9.24%), Vitamin E: 0.94mg (6.24%), Zinc: 0.75mg (5.03%), Vitamin B3: 0.73mg (3.66%), Vitamin B5: 0.35mg (3.51%), Selenium: 2.39µg (3.42%)