



Creamy Lime Slaw



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cilantro leaves
- ☐ 4 spring onion
- ☐ 1 teaspoon kosher salt
- ☐ 2 lime
- ☐ 0.5 head napa cabbage sliced
- ☐ 0.5 cup nonfat greek yogurt
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 head cabbage red sliced

☐ 1.5 tablespoons sugar

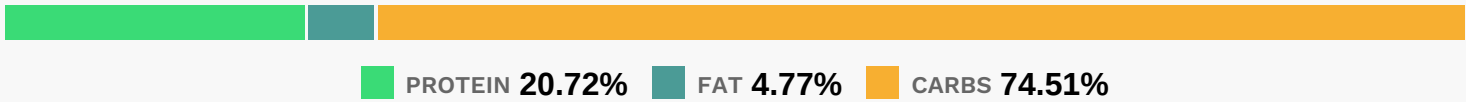
Equipment

☐ bowl

Directions

- ☐ Slice green onions long and on the bias so you have pieces similar in shape to the cabbage. Toss together onions, cabbages, and cilantro in a large bowl.
- ☐ Zest both limes and juice 1 lime. In a bowl, mix lime zest and juice, yogurt, sugar, salt, and pepper.
- ☐ Pour dressing over cabbage mixture; stir to combine.

Nutrition Facts



Properties

Glycemic Index:32.76, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:10.823478449946%

Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 49.03kcal (2.45%), Fat: 0.3g (0.47%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 8.23g (2.99%), Sugar: 5.89g (6.54%), Cholesterol: 0.63mg (0.21%), Sodium: 316.21mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin C: 51.35mg (62.24%), Vitamin K: 59.99µg (57.13%), Vitamin A: 900.94IU (18.02%), Folate: 60.57µg (15.14%), Manganese: 0.27mg (13.37%), Vitamin B6: 0.26mg (13.04%), Fiber: 2.46g (9.84%), Calcium: 92.06mg (9.21%), Potassium: 319.54mg (9.13%), Vitamin B2: 0.11mg (6.46%), Phosphorus: 54.96mg (5.5%), Magnesium: 19.76mg (4.94%), Iron: 0.83mg (4.59%), Vitamin B1: 0.07mg (4.53%), Selenium: 2.02µg (2.89%), Vitamin B3: 0.55mg (2.74%), Copper: 0.05mg (2.57%), Zinc: 0.36mg (2.4%),

Vitamin B5: 0.23mg (2.26%), Vitamin E: 0.22mg (1.48%), Vitamin B12: 0.09µg (1.46%)