



Creamy Vegan Coleslaw Dressed with Avocado

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- 1 avocado pitted peeled
- 1 large carrots shredded
- 0.5 teaspoon celery seed
- 2 tablespoons apple cider vinegar
- 2 teaspoons coconut sugar
- 2 teaspoons dijon mustard
- 2 tablespoons chives fresh chopped

- 3 cups cabbage shredded green cut into fine strips
- 0.5 teaspoon cumin
- 3 juice of lemon
- 1 tablespoon nutritional yeast
- 1 poblano pepper seeded cut into fine strips
- 6 servings sea salt fresh black to taste

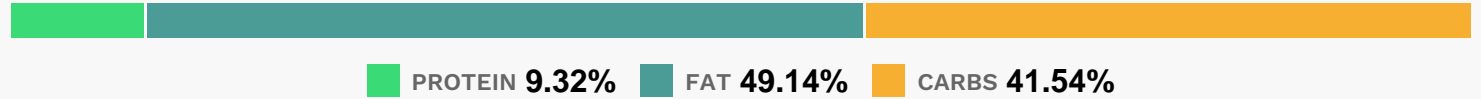
Equipment

- food processor
- bowl

Directions

- In a large bowl, toss together the salad ingredients. In a small food processor, pulse together the dressing ingredients until well blended. Toss with the vegetables and serve.

Nutrition Facts



Properties

Glycemic Index:52.81, Glycemic Load:1.85, Inflammation Score:0, Nutrition Score:10.429565217391%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg, Luteolin: 2.25mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Taste

Sweetness: 37.66%, Saltiness: 80.29%, Sourness: 100%, Bitterness: 93.05%, Savoriness: 41.87%, Fattiness: 48.67%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 87.22kcal (4.36%), Fat: 5.25g (8.08%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 5.71g (2.08%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 233.23mg (10.14%), Protein: 2.24g (4.48%), Vitamin C: 39.25mg (47.57%), Vitamin A: 2209.13IU (44.18%), Vitamin K: 38.85µg (37%), Fiber: 4.28g (17.14%), Folate: 50.65µg (12.66%), Vitamin B6: 0.2mg (10.11%), Potassium: 350mg (10%), Manganese: 0.19mg (9.43%), Vitamin E: 0.94mg (6.24%), Vitamin B5: 0.62mg (6.2%), Magnesium: 21.06mg (5.26%), Copper: 0.1mg (4.91%), Vitamin B1: 0.07mg (4.81%), Vitamin B3: 0.92mg (4.6%), Vitamin B2: 0.08mg (4.45%), Iron: 0.78mg (4.33%), Phosphorus: 40.41mg (4.04%), Calcium: 31.8mg (3.18%), Zinc: 0.38mg (2.52%), Selenium: 0.88µg (1.25%)