

Crimson Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons regular balsamic vinegar
- ☐ 1 cup coarsely beets raw fresh packed grated peeled () (2 medium)
- ☐ 2 tablespoons horseradish white prepared
- ☐ 5 tablespoons olive oil divided
- ☐ 1.3 pounds cabbage red very thinly sliced
- ☐ 1 cup onion paper-thin red

Equipment

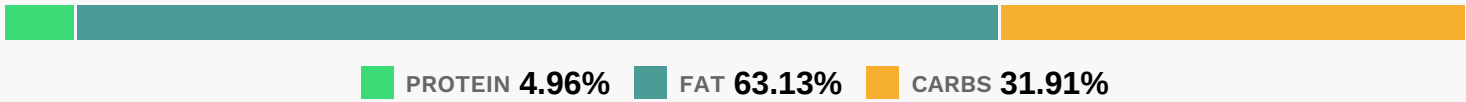
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk 4 tablespoons oil, vinegar, and horseradish in large bowl to blend.
- ☐ Add beets and onion; toss to blend.
- ☐ Heat remaining 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add cabbage and toss until wilted and just crisp-tender, about 3 minutes. Stir into beet mixture. Season to taste with salt and pepper.
- ☐ Let stand 10 minutes before serving, stirring occasionally.
- ☐ * This vinegar can be found at specialty foods stores. Regular balsamic can be substituted.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:2.96, Inflammation Score:-7, Nutrition Score:8.3321739590686%

Flavonoids

Cyanidin: 148.71mg, Cyanidin: 148.71mg, Cyanidin: 148.71mg, Cyanidin: 148.71mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 121.71kcal (6.09%), Fat: 8.94g (13.75%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 7.73g (2.81%), Sugar: 5.91g (6.56%), Cholesterol: 0mg (0%), Sodium: 50.5mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin C: 43.64mg (52.9%), Vitamin K: 32.5µg (30.96%), Vitamin A: 797.04IU (15.94%), Manganese: 0.27mg (13.33%), Fiber: 2.43g (9.71%), Folate: 37.22µg (9.31%), Vitamin B6: 0.19mg (9.31%), Vitamin E: 1.35mg (8.99%), Potassium: 272.71mg (7.79%), Magnesium: 18.98mg (4.75%), Iron: 0.85mg (4.74%), Calcium: 43.02mg (4.3%), Vitamin B1: 0.06mg (4.01%), Vitamin B2: 0.06mg (3.65%), Phosphorus: 36.16mg (3.62%), Vitamin B3: 0.39mg (1.95%), Zinc: 0.29mg (1.9%), Copper: 0.04mg (1.82%), Vitamin B5: 0.16mg

(1.59%), Selenium: 0.75µg (1.07%)