



Crunchy 3-Cabbage Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- 2 carrots shredded
- 0.5 cup cider vinegar
- 2 teaspoons mustard dry
- 0.5 small head cabbage shredded green
- 2 jalapeño peppers diced finely
- 0.5 small head napa cabbage shredded
- 1 and orange peppers halved seeded cut into thin strips
- 0.5 small head cabbage shredded red

- 1 onion red halved thinly sliced
- 8 servings salt and pepper black freshly ground
- 2 teaspoons sugar
- 0.3 cup vegetable oil
- 1 bell pepper yellow halved seeded cut into thin strips

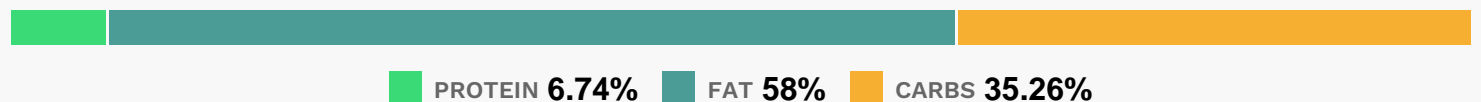
Equipment

- bowl
- whisk

Directions

- Toss together the cabbage, carrots, onion, bell peppers and jalapeno peppers in a large bowl.
- Whisk together the vinegar, mustard, and sugar in a medium bowl; season with salt and pepper. Slowly whisk in the oil.
- Pour the dressing over the vegetables and toss to coat. Season with salt and pepper.
- Let sit 15 minutes at room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:48.49, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:18.231304479682%

Flavonoids

Cyanidin: 74.36mg, Cyanidin: 74.36mg, Cyanidin: 74.36mg, Cyanidin: 74.36mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 141.87kcal (7.09%), Fat: 9.62g (14.81%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 9.34g (3.4%), Sugar: 6.75g (7.5%), Cholesterol: 0mg (0%), Sodium: 35.58mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin C: 104.16mg (126.25%), Vitamin K: 91.92µg (87.55%), Vitamin A: 3699.95IU (74%), Folate: 88µg (22%), Manganese: 0.4mg (20.18%), Vitamin B6: 0.38mg (19.13%), Fiber: 3.83g (15.3%), Potassium: 452.27mg (12.92%), Vitamin E: 1.41mg (9.38%), Calcium: 91.23mg (9.12%), Magnesium: 28.41mg (7.1%), Vitamin B1: 0.11mg (7.1%), Phosphorus: 61.71mg (6.17%), Vitamin B2: 0.1mg (6.09%), Iron: 0.97mg (5.4%), Vitamin B3: 0.99mg (4.96%), Copper: 0.07mg (3.64%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.45mg (3.02%), Selenium: 1.91µg (2.73%)