

Crunchy coleslaw



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 0.5 small cabbage white (300g total weight)
- ☐ 2 carrots grated (175g total weight)
- ☐ 6 spring onion trimmed chopped
- ☐ 2 tsp canola oil
- ☐ 2 tsp citrus champagne vinegar
- ☐ 2 tsp coarse mustard
- ☐ 2 tbsp yogurt
- ☐ 2 tbsp crème fraîche

- ☐ 2 tbsp orange juice
- ☐ 2 tbsp sunflower seeds toasted

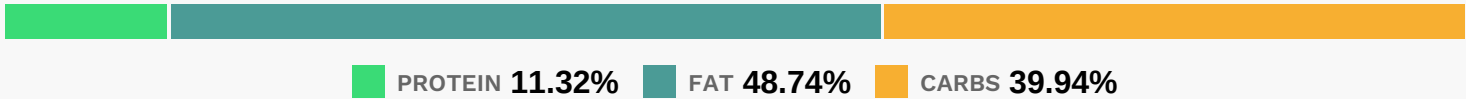
Equipment

- ☐ bowl

Directions

- ☐ Cut out and discard the hard core from the cabbage then finely shred it.
- ☐ Mix in a bowl with the carrots and spring onions. Season with pepper and a pinch of salt, then chill for 1–2 hrs (optional).
- ☐ Mix together the oil, vinegar and mustard in a bowl. Stir in the yogurt, crme frache and orange juice. Set aside.
- ☐ When ready to serve, pour the dressing over the veggies, add the sunflower seeds and toss together.
- ☐ Let it sit for 10–15 mins to blend the flavours.

Nutrition Facts



Properties

Glycemic Index:61.46, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:18.350869567822%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 113.47kcal (5.67%), Fat: 6.61g (10.17%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 8.08g (2.94%), Sugar: 6.27g (6.97%), Cholesterol: 4.84mg (1.61%), Sodium: 74.68mg (3.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.91%), Vitamin A: 5430.81IU (108.62%), Vitamin K:

110.88µg (105.6%), Vitamin C: 42.3mg (51.27%), Folate: 70.83µg (17.71%), Vitamin E: 2.63mg (17.52%), Fiber: 4.11g (16.43%), Manganese: 0.33mg (16.33%), Vitamin B6: 0.24mg (12.09%), Vitamin B1: 0.17mg (11.66%), Potassium: 375.98mg (10.74%), Magnesium: 38.26mg (9.56%), Phosphorus: 91.94mg (9.19%), Calcium: 83.44mg (8.34%), Copper: 0.14mg (7.17%), Vitamin B2: 0.11mg (6.71%), Selenium: 4.36µg (6.22%), Iron: 1.12mg (6.21%), Vitamin B3: 1.08mg (5.41%), Zinc: 0.65mg (4.36%), Vitamin B5: 0.43mg (4.25%)