



Crunchy Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots grated
- ☐ 1 tablespoon dijon mustard
- ☐ 1 medium cabbage green
- ☐ 2 tablespoons juice of lemon
- ☐ 8 servings bell pepper
- ☐ 0.3 cup red wine vinegar
- ☐ 8 servings salt
- ☐ 1 cup vegetable oil

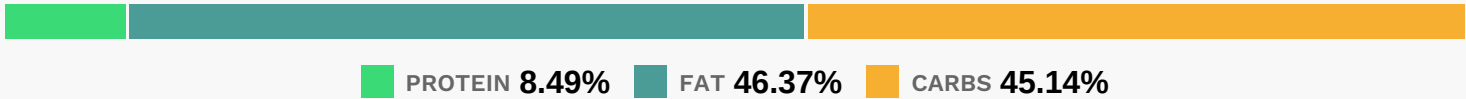
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Trim, core and slice 1 medium green cabbage. Toss in a large bowl with 2 grated carrots. In another bowl, whisk 1/4 cup red wine vinegar, 2 Tbsp. lemon juice, 1 Tbsp. Dijon mustard, salt and pepper. Slowly pour in 1 cup vegetable oil, whisking constantly, until thickened.
- ☐ Pour over cabbage and toss until evenly coated.

Nutrition Facts



Properties

Glycemic Index:19.35, Glycemic Load:3.08, Inflammation Score:-10, Nutrition Score:19.701304477194%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 105.56kcal (5.28%), Fat: 5.9g (9.07%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 7.99g (2.91%), Sugar: 7.61g (8.45%), Cholesterol: 0mg (0%), Sodium: 248.98mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin C: 139.3mg (168.84%), Vitamin A: 4993.05IU (99.86%), Vitamin K: 101.97µg (97.12%), Folate: 86.85µg (21.71%), Fiber: 4.92g (19.68%), Vitamin B6: 0.38mg (19.08%), Manganese: 0.3mg (14.95%), Vitamin E: 1.91mg (12.71%), Potassium: 408.57mg (11.67%), Vitamin B1: 0.12mg (8.26%), Vitamin B2: 0.12mg (7.02%), Magnesium: 25.82mg (6.45%), Vitamin B3: 1.16mg (5.79%), Calcium: 57.62mg (5.76%), Phosphorus: 57.14mg (5.71%), Iron: 0.97mg (5.38%), Vitamin B5: 0.53mg (5.29%), Zinc: 0.44mg (2.96%), Copper: 0.04mg (2.2%), Selenium: 1.07µg (1.53%)