



Crunchy red cabbage slaw



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



645 kcal

SIDE DISH

Ingredients

- ☐ 300 g cabbage red
- ☐ 1 large carrots grated
- ☐ 1 red-skinned apple grated
- ☐ 1 bunch spring onion thinly sliced
- ☐ 2 tbsp mayonnaise
- ☐ 1 tbsp red-wine vinegar
- ☐ 1 tbsp olive oil extra-virgin
- ☐ 1 stalks from a punnet of mustard cress

- ☐ 2 tbsp wholegrain mustard
- ☐ 500 g roast chicken
- ☐ 1 leaves from a bunch of basil
- ☐ 4 servings ground fenugreek
- ☐ 1 lime zest
- ☐ 1 tbsp olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 4 chicken breasts

Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ grill

Directions

- ☐ Using a large knife, shred the cabbage and place in a large bowl with the carrot, apple and spring onions.
- ☐ Whisk together the mayonnaise, vinegar and oil. Season then toss with the salad.
- ☐ Serve or see our suggestions, below right.
- ☐ To make with roast chicken, snip the stalks from a punnet of mustard cress and stir half into the coleslaw with the wholegrain mustard. Divide between plates then scatter the roast chicken (leftovers or shop bought) on top.
- ☐ Sprinkle with the remaining cress and serve.
- ☐ To make with marinated chicken, heat the grill to high. Tear the leaves from a large bunch basil and scatter half of them into the coleslaw. Chop the rest and mix with a pinch ground fenugreek or coriander, zest and juice of the lime, olive oil and salt and pepper to taste. Rub the chicken breasts in the lime mix (leave to marinate for 10 mins if time), then grill for 6 mins on each side until golden and cooked through. Thickly slice and serve on top of the coleslaw.

Nutrition Facts



Properties

Glycemic Index:81.71, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:38.626087214636%

Flavonoids

Cyanidin: 158.09mg, Cyanidin: 158.09mg, Cyanidin: 158.09mg, Cyanidin: 158.09mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 645.05kcal (32.25%), Fat: 26.91g (41.4%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 12.41g (4.51%), Sugar: 9.04g (10.04%), Cholesterol: 241.29mg (80.43%), Sodium: 711.58mg (30.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.45g (162.91%), Vitamin B3: 34.08mg (170.41%), Selenium: 106.42µg (152.02%), Vitamin B6: 2.43mg (121.44%), Vitamin A: 4090.19IU (81.8%), Phosphorus: 766.71mg (76.67%), Vitamin C: 54.89mg (66.54%), Vitamin K: 62.45µg (59.47%), Vitamin B5: 4.7mg (46.99%), Potassium: 1468.41mg (41.95%), Vitamin B2: 0.5mg (29.56%), Magnesium: 109.56mg (27.39%), Zinc: 3.57mg (23.77%), Vitamin B1: 0.32mg (21.09%), Iron: 3.78mg (21%), Fiber: 4.37g (17.48%), Manganese: 0.34mg (16.95%), Vitamin B12: 0.82µg (13.71%), Vitamin E: 2.05mg (13.64%), Folate: 40.48µg (10.12%), Copper: 0.2mg (10.03%), Calcium: 86.44mg (8.64%), Vitamin D: 0.24µg (1.6%)