



## Cumin-Celery-Scented Coleslaw

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



526 kcal

SIDE DISH

### Ingredients

- 20 ounce cabbage shredded finely
- 1 teaspoon celery seeds
- 7 servings garnish: cilantro sprig fresh
- 1 large cucumber peeled
- 1 teaspoon cumin seeds
- 0.1 teaspoon ground pepper red
- 1 cup mayonnaise
- 0.8 teaspoon salt

2 tablespoons citrus champagne vinegar

## Equipment

bowl

frying pan

whisk

slotted spoon

## Directions

Cook cumin and celery seeds in a hot nonstick skillet over medium-high heat, stirring constantly, 2 minutes or until seeds are toasted.

Place seeds in a large bowl; whisk in mayonnaise and next 3 ingredients.


Halve cucumber lengthwise; seed and cut into 3/4-inch-thick slices.

Place cucumber and cabbage in bowl with dressing; toss to coat. Cover and chill 4 hours.

Garnish, if desired.

Serve with a slotted spoon.

## Nutrition Facts

 **PROTEIN 8.62%** **FAT 43.87%** **CARBS 47.51%**

## Properties

Glycemic Index:25.14, Glycemic Load:24.5, Inflammation Score:-4, Nutrition Score:12.945217487605%

## Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg, Luteolin: 2.18mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 526.05kcal (26.3%), Fat: 25.37g (39.02%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 61.81g (20.6%), Net Carbohydrates: 58.86g (21.4%), Sugar: 2.91g (3.23%), Cholesterol: 13.44mg (4.48%), Sodium: 459.36mg (19.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.43%), Selenium: 52.02µg (74.32%), Vitamin K: 55.48µg (52.83%), Manganese: 0.81mg (40.45%), Phosphorus: 171.69mg (17.17%), Copper: 0.28mg (13.8%), Magnesium: 50.61mg (12.65%), Fiber: 2.95g (11.79%), Zinc: 1.29mg (8.63%), Iron: 1.55mg (8.62%), Vitamin E: 1.18mg

(7.84%), Potassium: 253.5mg (7.24%), Vitamin B6: 0.14mg (7.14%), Vitamin B3: 1.42mg (7.09%), Vitamin B1: 0.09mg (6.1%), Folate: 21.94µg (5.48%), Vitamin B5: 0.5mg (5.01%), Vitamin B2: 0.07mg (3.94%), Calcium: 33.41mg (3.34%), Vitamin C: 1.43mg (1.73%), Vitamin A: 74.99IU (1.5%)