



Danny's Slaw

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon celery seeds
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup horseradish fresh grated
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 teaspoon pepper
- ☐ 1 small cabbage shredded red
- ☐ 0.5 teaspoon salt
- ☐ 1 small savoy cabbage shredded

☐

1.3 cups cup heavy whipping cream sour

Equipment

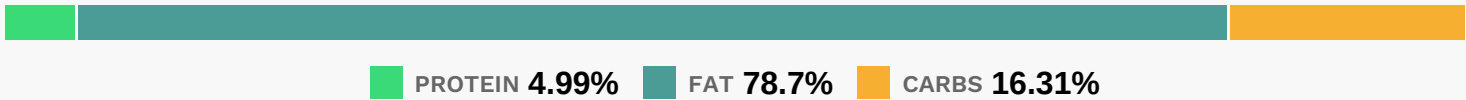
☐

bowl

Directions

- ☐ Stir together first 7 ingredients in a large bowl.
- ☐ Add cabbage, and toss well to coat. Chill.
- ☐ *Note: 2 tablespoons of prepared horseradish may be substituted for fresh.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:9.7743479246679%

Flavonoids

Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 169.08kcal (8.45%), Fat: 15.26g (23.47%), Saturated Fat: 4.08g (25.47%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.59g (3.98%), Cholesterol: 20.02mg (6.67%), Sodium: 216.97mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin K: 67.39µg (64.19%), Vitamin C: 38.89mg (47.14%), Vitamin A: 1064.5IU (21.29%), Manganese: 0.22mg (10.81%), Folate: 40.93µg (10.23%), Vitamin B6: 0.18mg (9.13%), Fiber: 2.2g (8.78%), Potassium: 240.51mg (6.87%), Calcium: 62.07mg (6.21%), Magnesium: 21.45mg (5.36%), Phosphorus: 52.2mg (5.22%), Vitamin B2: 0.09mg (5.13%), Vitamin E: 0.67mg (4.46%), Vitamin B1: 0.06mg (4.22%), Iron: 0.63mg (3.51%), Selenium: 1.85µg (2.65%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.32mg (2.1%), Copper: 0.04mg (2.06%), Vitamin B3: 0.34mg (1.68%), Vitamin B12: 0.07µg (1.12%)