



 **87%**  
HEALTH SCORE

## Delightful Kale and Cabbage Slaw

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**114 kcal**

SIDE DISH

### Ingredients

- 5 c cabbage shredded green
- 3 c kale shredded
- 1 c celery chopped
- 0.8 c spring onion chopped
- 2 c carrots chopped
- 6 servings the dressing
- 0.3 c red wine vinegar
- 0.5 t ground mustard dry

- 1 t agave nectar
- 0.3 t salt
- 3 T olive oil

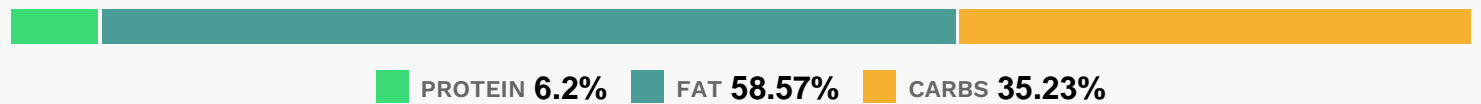
## Equipment

- bowl

## Directions

- In a very large bowl, combine cabbage, kale, celery, scallion and carrot. Toss well.
- In a small bowl, combine dressing ingredients.
- Pour dressing over vegetables and toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:33.64, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:15.851304347826%

## Flavonoids

Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg, Kaempferol: 5.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

## Taste

Sweetness: 62.91%, Saltiness: 100%, Sourness: 37.6%, Bitterness: 68.01%, Savoriness: 44.55%, Fattiness: 50.1%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 114.33kcal (5.72%), Fat: 7.78g (11.97%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 6.83g (2.48%), Sugar: 5.5g (6.11%), Cholesterol: 0.41mg (0.14%), Sodium: 167.37mg (7.28%), Protein: 1.85g (3.7%), Vitamin A: 8434.9IU (168.7%), Vitamin K: 126.87µg (120.82%), Vitamin C: 36.81mg (44.62%), Fiber: 3.7g (14.8%), Folate: 54.42µg (13.6%), Manganese: 0.27mg (13.55%), Vitamin E: 1.61mg (10.74%), Potassium: 356.11mg (10.17%), Vitamin B6: 0.17mg (8.51%), Calcium: 81.09mg (8.11%), Vitamin B2: 0.11mg (6.29%), Vitamin B1: 0.09mg

(5.94%), Magnesium: 21mg (5.25%), Iron: 0.89mg (4.96%), Phosphorus: 47.15mg (4.71%), Vitamin B3: 0.82mg (4.08%), Vitamin B5: 0.3mg (3.03%), Copper: 0.05mg (2.73%), Zinc: 0.33mg (2.23%), Selenium: 0.87µg (1.24%)