



Eastern North Carolina Slaw

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

75 min.

SERVINGS

servings

15

CALORIES

calories

22 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery chopped
- ☐ 1 lb cabbage green grated
- ☐ 15 servings hot sauce
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup vinegar white

Equipment

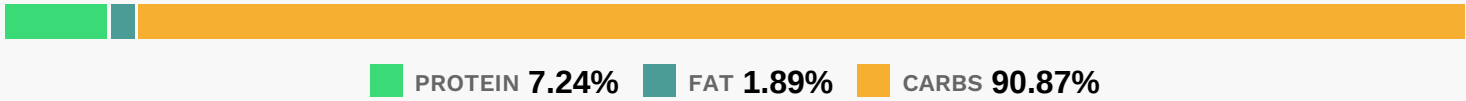
☐

whisk

Directions

- ☐ Whisk together vinegar, sugar, kosher salt, and freshly ground black pepper.
- ☐ Add cabbage and celery; toss to coat.
- ☐ Let stand 1 hour before serving, tossing occasionally.
- ☐ Serve with hot sauce.

Nutrition Facts



Properties

Glycemic Index:15.21, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:2.6099999579399%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 22.49kcal (1.12%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.38g (1.59%), Sugar: 4.34g (4.83%), Cholesterol: 0mg (0%), Sodium: 166.02mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Vitamin K: 24.03µg (22.88%), Vitamin C: 11.25mg (13.63%), Folate: 14.23µg (3.56%), Fiber: 0.82g (3.27%), Manganese: 0.06mg (3.07%), Vitamin B6: 0.04mg (2.01%), Potassium: 61.02mg (1.74%), Calcium: 14.24mg (1.42%), Vitamin B1: 0.02mg (1.28%), Magnesium: 4.15mg (1.04%)