



Easy Garden Slaw

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



30 kcal

SIDE DISH

Ingredients

- ☐ 3 oz carrots grated peeled
- ☐ 0.5 teaspoon celery salt
- ☐ 8 cups cabbage shredded green
- ☐ 5 tablespoons malt vinegar
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon whipping cream

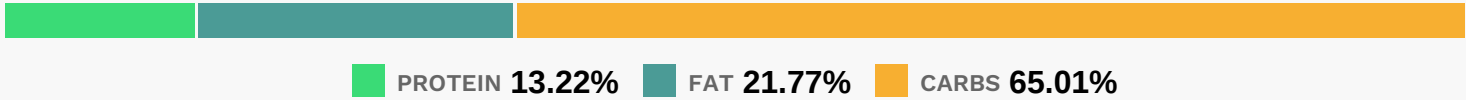
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, whisk together 5 tablespoons malt vinegar, 1 tablespoon whipping cream, 1 teaspoon salt, 1/2 teaspoon celery salt, and 1/2 teaspoon pepper.
- ☐ Add 8 cups shredded green cabbage and 2 carrots (3 oz.), peeled and grated; mix well.
- ☐ Serve slaw alongside fish or add to tacos.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:1.37, Inflammation Score:-8, Nutrition Score:7.7534781112943%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 30.35kcal (1.52%), Fat: 0.78g (1.19%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.14g (1.14%), Sugar: 2.8g (3.11%), Cholesterol: 2.12mg (0.71%), Sodium: 456.69mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin K: 54.87µg (52.26%), Vitamin A: 1872.87IU (37.46%), Vitamin C: 26.26mg (31.83%), Fiber: 2.08g (8.32%), Folate: 32.22µg (8.05%), Manganese: 0.15mg (7.49%), Vitamin B6: 0.1mg (5.12%), Potassium: 156.75mg (4.48%), Calcium: 34.17mg (3.42%), Vitamin B1: 0.05mg (3.35%), Magnesium: 10.13mg (2.53%), Phosphorus: 23.61mg (2.36%), Vitamin B2: 0.04mg (2.23%), Iron: 0.38mg (2.12%), Vitamin B5: 0.18mg (1.84%), Vitamin B3: 0.27mg (1.35%), Vitamin E: 0.19mg (1.29%), Zinc: 0.16mg (1.06%), Copper: 0.02mg (1.04%)