



Fiesta Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound cabbage green shredded
- ☐ 0.5 pound cabbage red shredded
- ☐ 1 large carrots shredded
- ☐ 2 rib celery diagonally sliced
- ☐ 2 tablespoons cider vinegar
- ☐ 1 medium cucumber peeled seeded diagonally sliced
- ☐ 1 medium size bell pepper green cut into thin strips
- ☐ 5 green onions sliced

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon pepper sauce hot (liquid from peppers in vinegar)
- ☐ 1 medium size bell pepper red cut into thin strips
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 small onion white thinly sliced

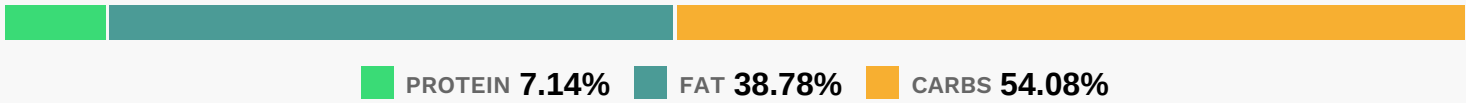
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a bowl.
- ☐ Stir together lime juice and next 4 ingredients in a small bowl until sugar is dissolved.
- ☐ Pour dressing over cabbage mixture, tossing to coat.
- ☐ Let stand 30 minutes, tossing often.
- ☐ Drizzle evenly with olive oil, tossing to coat, just before serving.
- ☐ *1 (16-ounce) package coleslaw mix may be substituted for shredded green and red cabbage.

Nutrition Facts



Properties

Glycemic Index:56.82, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:15.65999999122%

Flavonoids

Cyanidin: 79.31mg, Cyanidin: 79.31mg, Cyanidin: 79.31mg, Cyanidin: 79.31mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg

Apigenin: 0.07mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 107.51kcal (5.38%), Fat: 5g (7.69%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 12.11g (4.4%), Sugar: 9.92g (11.02%), Cholesterol: 0mg (0%), Sodium: 475.26mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin C: 85.92mg (104.14%), Vitamin K: 73.37µg (69.87%), Vitamin A: 3292.07IU (65.84%), Vitamin B6: 0.29mg (14.46%), Fiber: 3.57g (14.29%), Manganese: 0.28mg (13.9%), Folate: 51.01µg (12.75%), Potassium: 379.2mg (10.83%), Vitamin E: 1.33mg (8.86%), Vitamin B1: 0.1mg (6.79%), Magnesium: 24.74mg (6.18%), Calcium: 56.38mg (5.64%), Vitamin B2: 0.09mg (5.55%), Iron: 0.99mg (5.49%), Phosphorus: 50.74mg (5.07%), Copper: 0.08mg (3.83%), Vitamin B3: 0.75mg (3.77%), Vitamin B5: 0.37mg (3.69%), Zinc: 0.38mg (2.57%)