



Freezer Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

Ingredients

- 6 cups cabbage shredded
- 0.5 cup carrots shredded
- 1 teaspoon celery seeds
- 0.5 teaspoon mustard dry
- 1 cup bell pepper green chopped
- 0.5 teaspoon salt
- 0.5 cup sugar
- 0.3 cup water

1 cup citrus champagne vinegar

Equipment

bowl

sauce pan

Directions

Combine cabbage, green pepper, and carrot in a large bowl.

Combine vinegar and remaining ingredients in a small saucepan. Bring to a boil; cook 1 minute.

Pour vinegar mixture over cabbage mixture; toss well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:21.37, Glycemic Load:9.8, Inflammation Score:-8, Nutrition Score:7.384782490523%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 75.55kcal (3.78%), Fat: 0.25g (0.39%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 15.45g (5.62%), Sugar: 14.99g (16.66%), Cholesterol: 0mg (0%), Sodium: 164.17mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin C: 34.86mg (42.26%), Vitamin K: 42.34µg (40.32%), Vitamin A: 1457.01IU (29.14%), Manganese: 0.15mg (7.74%), Fiber: 1.9g (7.59%), Folate: 26.18µg (6.55%), Vitamin B6: 0.12mg (6.03%), Potassium: 163.8mg (4.68%), Iron: 0.6mg (3.33%), Vitamin B1: 0.05mg (3.32%), Calcium: 32.48mg (3.25%), Magnesium: 11.96mg (2.99%), Phosphorus: 24.97mg (2.5%), Vitamin B2: 0.03mg (2.02%), Copper: 0.04mg (1.76%), Vitamin B5: 0.15mg (1.53%), Vitamin B3: 0.3mg (1.52%), Vitamin E: 0.21mg (1.4%), Zinc: 0.17mg (1.16%)