



French Vinaigrette Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- 2 beets
- 1 tablespoon cider vinegar
- 1 garlic clove minced
- 1 tablespoon olive oil extra-virgin
- 2 cups cabbage shredded red
- 0.5 teaspoon salt

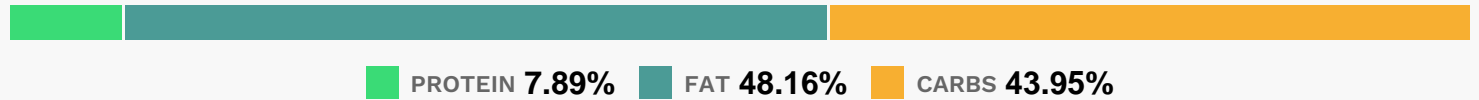
Equipment

- bowl

Directions

- Combine first 4 ingredients in a small bowl; set aside.
- Peel beets under running water to prevent hands from staining; shred beets.
- Combine cabbage and beets in a bowl; add oil mixture, and toss.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:6.160869538784%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 64.27kcal (3.21%), Fat: 3.64g (5.61%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.38g (1.96%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 335.07mg (14.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin C: 27.61mg (33.46%), Vitamin K: 19.2µg (18.29%), Manganese: 0.27mg (13.28%), Folate: 52.72µg (13.18%), Vitamin A: 510.22IU (10.2%), Fiber: 2.1g (8.39%), Potassium: 247.23mg (7.06%), Vitamin B6: 0.13mg (6.49%), Magnesium: 16.93mg (4.23%), Iron: 0.73mg (4.04%), Vitamin E: 0.57mg (3.8%), Phosphorus: 31.2mg (3.12%), Vitamin B1: 0.04mg (2.85%), Calcium: 28.42mg (2.84%), Vitamin B2: 0.05mg (2.82%), Copper: 0.04mg (2.05%), Zinc: 0.25mg (1.68%), Vitamin B3: 0.33mg (1.64%), Vitamin B5: 0.13mg (1.33%)