



Gazpacho Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

Ingredients

- 0.5 cup celery chopped
- 0.5 cup cucumber chopped
- 5 cups cabbage shredded green
- 0.5 cup green onions chopped
- 0.5 juice of lemon juiced
- 1 tablespoon olive oil
- 0.3 cup red wine vinegar
- 1 tablespoon salsa

- 6 servings salt and pepper to taste
- 1 cup tomatoes chopped
- 0.3 cup tomato-vegetable juice cocktail
- 1 teaspoon sugar white
- 0.5 cup bell pepper yellow chopped

Equipment

- bowl
- whisk

Directions

- In a bowl, mix the cabbage, cucumber, tomato, yellow bell pepper, green onions, and celery.
- In a separate bowl, whisk together the tomato-vegetable juice cocktail, red wine vinegar, sugar, olive oil, salsa, and lemon juice. Season with salt and pepper.
- Pour the dressing over the vegetables, and toss to coat. Cover, and refrigerate 2 hours before serving.

Nutrition Facts



PROTEIN 10.02% **FAT 38.25%** **CARBS 51.73%**

Properties

Glycemic Index:43.74, Glycemic Load:1.88, Inflammation Score:-6, Nutrition Score:9.6652174825254%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 55.71kcal (2.79%), Fat: 2.53g (3.9%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 5.31g (1.93%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 233.45mg (10.15%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin K: 68.56µg (65.29%), Vitamin C: 52.64mg (63.81%), Folate: 44.58µg (11.15%), Fiber: 2.39g (9.57%), Vitamin A: 476.23IU (9.52%), Manganese: 0.18mg (9.09%), Potassium: 280.9mg (8.03%), Vitamin B6: 0.15mg (7.36%), Vitamin E: 0.7mg (4.65%), Magnesium: 17.21mg (4.3%), Vitamin B1: 0.06mg (4.29%), Calcium: 40.76mg (4.08%), Iron: 0.68mg (3.77%), Phosphorus: 35.21mg (3.52%), Copper: 0.07mg (3.31%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.57mg (2.85%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.26mg (1.71%)