



Gingered Coleslaw with Golden Raisins

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 1 large carrots
- 1.5 teaspoons garlic finely minced (from 1 small clove)
- 1 tablespoon ginger finely minced (from one 1-inch piece)
- 0.3 cup golden raisins
- 3 tablespoons mayonnaise
- 1 small head savoy cabbage cored
- 6 servings sea salt fine

- 1 tablespoon sherry vinegar
- 6 servings sugar
- 1 tablespoon butter unsalted

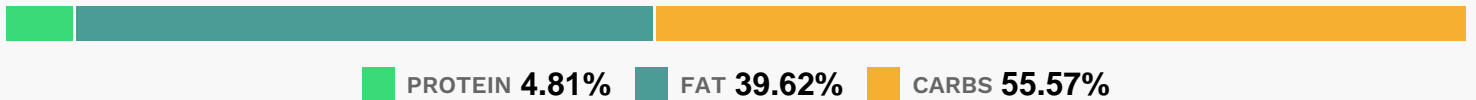
Equipment

- bowl
- frying pan

Directions

- Shred the cabbage and julienne the carrot (cut into thin slivers).
- Combine in a bowl with the mayonnaise, ginger and garlic and mix well.
- Heat the butter in a medium skillet over a medium flame.
- Add the raisins and cook until soft and golden brown, about 2 minutes.
- Mix the warm raisins into the slaw and add the vinegar and salt, sugar and pepper to taste. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:55.43, Glycemic Load:12.2, Inflammation Score:-9, Nutrition Score:10.636521693805%

Flavonoids

Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 156.9kcal (7.85%), Fat: 7.32g (11.25%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 20.1g (7.31%), Sugar: 17.91g (19.9%), Cholesterol: 7.96mg (2.65%), Sodium: 269.31mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Vitamin K: 65.61µg (62.48%), Vitamin A: 2824.86IU (56.5%), Vitamin C: 24.66mg (29.89%), Folate: 63.58µg (15.9%), Fiber: 2.99g (11.95%), Manganese: 0.2mg (10.13%), Vitamin B6: 0.19mg (9.6%), Potassium: 269.9mg (7.71%), Magnesium: 25.82mg (6.46%), Phosphorus: 46.86mg

(4.69%), Vitamin B1: 0.06mg (4.27%), Copper: 0.08mg (4.17%), Calcium: 37.14mg (3.71%), Vitamin E: 0.5mg (3.36%), Iron: 0.51mg (2.84%), Vitamin B2: 0.05mg (2.76%), Vitamin B3: 0.43mg (2.15%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.28mg (1.88%), Selenium: 1.11µg (1.59%)