



Grandma's Pepper Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons celery seed
- ☐ 2 bell peppers diced green
- ☐ 1 medium head cabbage shredded green
- ☐ 4 servings salt to taste
- ☐ 1.5 cups sugar
- ☐ 1 cup vinegar

Equipment

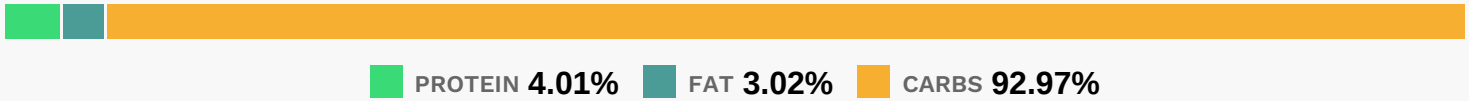
- ☐ bowl

☐ sauce pan

Directions

- ☐ Toss the cabbage and bell pepper together in a large bowl. Season the mixture liberally with salt; stir. Allow to sit 45 minutes; drain and return to the bowl.
- ☐ Bring the vinegar and sugar to a boil together in a saucepan. Immediately remove from heat and stir into the cabbage mixture.
- ☐ Add the celery seed; mix thoroughly. Chill completely before serving.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:55.84, Inflammation Score:-8, Nutrition Score:18.876956421396%

Flavonoids

Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg Luteolin: 25.9mg, Luteolin: 25.9mg, Luteolin: 25.9mg, Luteolin: 25.9mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 380.64kcal (19.03%), Fat: 1.33g (2.04%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 91.89g (30.63%), Net Carbohydrates: 84.85g (30.86%), Sugar: 83.59g (92.88%), Cholesterol: 0mg (0%), Sodium: 243.26mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin K: 176.92µg (168.5%), Vitamin C: 131.43mg (159.31%), Manganese: 0.7mg (35.07%), Fiber: 7.04g (28.16%), Folate: 103.86µg (25.97%), Vitamin B6: 0.44mg (22.07%), Calcium: 154.46mg (15.45%), Potassium: 534.84mg (15.28%), Iron: 2.67mg (14.86%), Vitamin B1: 0.18mg (12.17%), Magnesium: 47.03mg (11.76%), Phosphorus: 89.88mg (8.99%), Vitamin A: 444.17IU (8.88%), Vitamin B2: 0.13mg (7.67%), Copper: 0.13mg (6.64%), Vitamin B5: 0.54mg (5.4%), Zinc: 0.71mg (4.72%), Vitamin B3: 0.91mg (4.54%), Vitamin E: 0.59mg (3.95%), Selenium: 1.81µg (2.59%)