



Grated Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



547 kcal

SIDE DISH

Ingredients

- ☐ 3 servings pepper black freshly ground to taste
- ☐ 2 carrots grated
- ☐ 3 servings garnish: carrots grated
- ☐ 2 tablespoons dijon mustard
- ☐ 2 pounds cabbage green cored grated
- ☐ 2 green onions minced
- ☐ 1 pinch ground pepper red
- ☐ 1 tablespoon honey

- ☐ 3 servings kosher salt to taste
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup parsley chopped
- ☐ 1 cup vinegar white

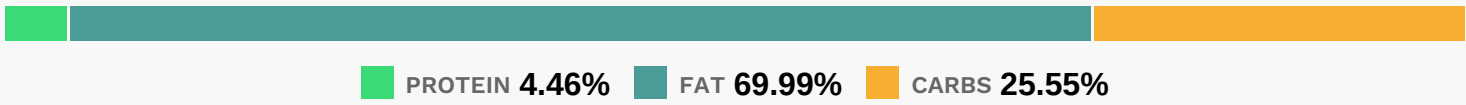
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Reduce vinegar by half in a small saucepan over medium-high heat, about 10 minutes. Stir in honey, and let cool.
- ☐ Combine cabbage, 2 grated carrots, and green onions in a large bowl; toss with vinegar mixture to mix.
- ☐ Add kosher salt and ground black pepper, and toss again. Chill and let stand about 20 minutes.
- ☐ Stir together mayonnaise, mustard, and ground red pepper in a small bowl.
- ☐ Add parsley, and toss with cabbage mixture. Chill 2 hours in an airtight container until ready to serve.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:149.98, Glycemic Load:11.12, Inflammation Score:-10, Nutrition Score:27.785652228024%

Flavonoids

Apigenin: 11.01mg, Apigenin: 11.01mg, Apigenin: 11.01mg, Apigenin: 11.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 546.71kcal (27.34%), Fat: 42.84g (65.91%), Saturated Fat: 6.73g (42.03%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 23.86g (8.68%), Sugar: 21.11g (23.46%), Cholesterol: 23.52mg (7.84%), Sodium: 792.13mg (34.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.27%), Vitamin K: 433.82µg (413.16%), Vitamin A: 18340.84IU (366.82%), Vitamin C: 125.11mg (151.64%), Fiber: 11.34g (45.37%), Folate: 166.33µg (41.58%), Manganese: 0.77mg (38.31%), Vitamin B6: 0.54mg (27.15%), Potassium: 932.37mg (26.64%), Vitamin E: 3.11mg (20.72%), Vitamin B1: 0.29mg (19.13%), Calcium: 185.07mg (18.51%), Magnesium: 59.52mg (14.88%), Phosphorus: 147.61mg (14.76%), Iron: 2.51mg (13.94%), Vitamin B2: 0.21mg (12.55%), Vitamin B5: 1.09mg (10.85%), Vitamin B3: 1.91mg (9.56%), Selenium: 6.24µg (8.92%), Copper: 0.15mg (7.3%), Zinc: 1.05mg (7.03%), Vitamin B12: 0.07µg (1.12%)