



Green Apple, Cabbage, and Caraway Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon caraway seeds toasted finely
- ☐ 0.5 cup dill leaves fresh
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 4 granny smith apples cored halved cut into julienne skin left on
- ☐ 2 tablespoons granulated sugar
- ☐ 6 cups cabbage shredded green finely
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup mayonnaise

- ☐ 2 tablespoons onion spanish finely chopped
- ☐ 2 bell peppers red cored seeded thinly sliced
- ☐ 2 tablespoons chile pepper red thinly sliced on the bias
- ☐ 2 tablespoons scallions thinly sliced on the bias
- ☐ 2 tablespoons shallots finely chopped
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 cups watercress sprigs
- ☐ 0.3 cup citrus champagne vinegar

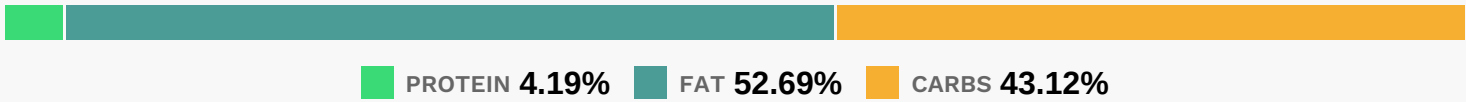
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine the cabbage and bell peppers in a large bowl and mix well. Toss with the sugar and allow to macerate for 15 minutes.
- ☐ For the dressing, combine all the ingredients in a blender and blend until smooth.
- ☐ Add the apples, watercress, shallots, chile pepper, scallions, dill, and parsley to the cabbage and peppers and mix well. Toss with the dressing to coat and serve.

Nutrition Facts



Properties

Glycemic Index:78.85, Glycemic Load:9.28, Inflammation Score:-9, Nutrition Score:18.255652062271%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–

gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 11.61mg, Quercetin: 11.61mg, Quercetin: 11.61mg, Quercetin: 11.61mg

Nutrients (% of daily need)

Calories: 267.89kcal (13.39%), Fat: 16.49g (25.36%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 23.95g (8.71%), Sugar: 21.72g (24.13%), Cholesterol: 13.49mg (4.5%), Sodium: 147.67mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 162.76µg (155.01%), Vitamin C: 101.92mg (123.54%), Vitamin A: 2394.37IU (47.89%), Fiber: 6.41g (25.65%), Folate: 68.5µg (17.13%), Manganese: 0.34mg (16.97%), Vitamin B6: 0.33mg (16.37%), Potassium: 484.81mg (13.85%), Vitamin E: 1.8mg (12.03%), Vitamin B2: 0.15mg (8.99%), Calcium: 86.54mg (8.65%), Iron: 1.47mg (8.19%), Magnesium: 31.89mg (7.97%), Vitamin B1: 0.12mg (7.69%), Phosphorus: 76.39mg (7.64%), Copper: 0.1mg (5.01%), Vitamin B5: 0.5mg (5%), Vitamin B3: 0.91mg (4.54%), Zinc: 0.51mg (3.38%), Selenium: 1.38µg (1.97%)