



Green Parsley Slaw

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- 10 ounce cabbage shredded finely
- 1 cup flat-leaf parsley fresh finely chopped
- 0.5 cup mayonnaise
- 0.3 teaspoon salt
- 0.5 cup scallion finely chopped
- 2 tablespoons cup heavy whipping cream sour
- 2 teaspoons sugar
- 1 teaspoon vinegar white

Equipment

bowl

Directions

- In a large bowl, combine mayonnaise, sour cream, vinegar, salt and sugar.
- Add cabbage, parsley and scallions and toss to combine.
- Serve immediately. Slaw can be refrigerated for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:46.35, Glycemic Load:1.89, Inflammation Score:-7, Nutrition Score:9.852608659993%

Flavonoids

Apigenin: 21.58mg, Apigenin: 21.58mg, Apigenin: 21.58mg, Apigenin: 21.58mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 158.22kcal (7.91%), Fat: 14.89g (22.9%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.36g (3.74%), Cholesterol: 10.2mg (3.4%), Sodium: 232.14mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin K: 247.65µg (235.85%), Vitamin C: 32.2mg (39.03%), Vitamin A: 1008.84IU (20.18%), Folate: 42.02µg (10.51%), Fiber: 1.73g (6.91%), Iron: 1.01mg (5.61%), Vitamin E: 0.82mg (5.46%), Manganese: 0.11mg (5.37%), Potassium: 167.52mg (4.79%), Calcium: 44.36mg (4.44%), Vitamin B6: 0.08mg (3.79%), Magnesium: 12.93mg (3.23%), Vitamin B1: 0.04mg (2.98%), Phosphorus: 28.16mg (2.82%), Vitamin B2: 0.05mg (2.7%), Vitamin B5: 0.19mg (1.92%), Zinc: 0.27mg (1.77%), Copper: 0.04mg (1.76%), Vitamin B3: 0.29mg (1.45%), Selenium: 0.79µg (1.13%)