

## Green Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



118 kcal

SIDE DISH

### Ingredients

- 1 tablespoon apple cider vinegar
- 1 teaspoon pepper black freshly ground
- 2 cups bean sprouts fresh
- 0.3 cup golden raisins
- 1 medium apples i use 2 granny smith apples julienned
- 1 tablespoon green onion light minced
- 1 cup jicama julienned peeled
- 3 tablespoons mayonnaise

- 3 cups napa cabbage cored cut in 1/2 vertically, , curly middle discarded, cut horizontally in 1/ pieces
- 1 teaspoon salt
- 3 tablespoons seasoned rice vinegar
- 1 teaspoon serrano chiles minced seeded
- 1.5 tablespoons chili sauce sweet

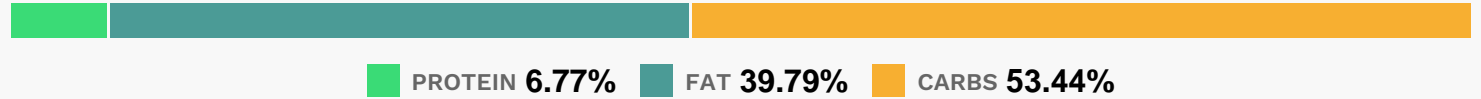
## Equipment

- bowl
- blender

## Directions

- To make dressing: In a blender, puree all the ingredients until smooth. Set aside.
- In a large bowl, combine ingredients for slaw. Gently fold in the dressing. Refrigerate 1 hour. Gently toss before serving.

## Nutrition Facts



## Properties

Glycemic Index:56.61, Glycemic Load:4.15, Inflammation Score:-4, Nutrition Score:7.3847826868296%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 118.32kcal (5.92%), Fat: 5.51g (8.48%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 13.4g (4.87%), Sugar: 11.21g (12.46%), Cholesterol: 2.94mg (0.98%), Sodium: 482.47mg (20.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin K: 42.75µg (40.72%), Vitamin C: 21.14mg (25.62%), Folate: 55.98µg (14%), Fiber: 3.26g (13.04%), Manganese: 0.24mg (11.82%), Vitamin B6: 0.16mg (8.18%), Potassium: 263.79mg (7.54%), Copper: 0.12mg (5.95%), Vitamin B2: 0.09mg (5.34%), Magnesium: 19.58mg (4.89%), Phosphorus: 46.94mg (4.69%), Calcium: 45.08mg (4.51%), Iron: 0.78mg (4.35%), Vitamin B1: 0.06mg (3.74%), Vitamin A: 168.52IU (3.37%), Vitamin E: 0.48mg (3.22%), Vitamin B3: 0.57mg (2.83%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.32mg (2.12%), Selenium: 0.86µg (1.23%)