



## Jalapeño-Lime Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



67 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 16 ounce cabbage-and-carrot coleslaw
- 0.5 cup cilantro leaves fresh coarsely chopped
- 4 jalapeño peppers halved
- 0.8 teaspoon kosher salt
- 0.3 cup juice of lime fresh
- 3 tablespoons olive oil
- 0.5 cup thinly onion red vertically sliced

1 teaspoon sugar

## Equipment

bowl

whisk

## Directions

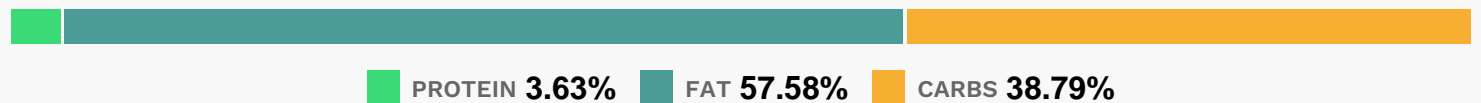
Combine first 4 ingredients in a large bowl, stirring with a whisk. Gradually add olive oil, stirring constantly with a whisk.

Add onion, cilantro, and coleslaw. Thinly slice 1 jalapeo half crosswise (keeping seeds), and remove seeds from remaining jalapeo halves.

Cut the remaining halves into thin crosswise slices.

Add the jalapeos to onion mixture, and toss well to coat. Cover and chill at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:29.99, Glycemic Load:2.45, Inflammation Score:-10, Nutrition Score:8.5939130672942%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

## Nutrients (% of daily need)

Calories: 80.52kcal (4.03%), Fat: 5.44g (8.37%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 6.21g (2.26%), Sugar: 4.08g (4.53%), Cholesterol: 0mg (0%), Sodium: 258.53mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin A: 9620.67IU (192.41%), Vitamin C: 15.68mg (19.01%), Vitamin K: 15.24µg (14.52%), Vitamin E: 1.43mg (9.54%), Fiber: 2.04g (8.15%), Potassium: 231.34mg (6.61%), Vitamin B6: 0.13mg (6.25%), Manganese: 0.12mg (5.77%), Folate: 16.2µg (4.05%), Vitamin B3: 0.68mg (3.42%),

Vitamin B1: 0.05mg (3.21%), Phosphorus: 26.56mg (2.66%), Vitamin B2: 0.04mg (2.58%), Magnesium: 10.03mg (2.51%), Calcium: 24.4mg (2.44%), Vitamin B5: 0.21mg (2.08%), Copper: 0.04mg (1.93%), Iron: 0.27mg (1.52%), Zinc: 0.18mg (1.18%)