



José Falcón's Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons cider vinegar
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 cup cabbage shredded green finely
- ☐ 0.3 cup mayonnaise
- ☐ 1 bell pepper red thinly sliced
- ☐ 2 cups cabbage shredded red finely
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar

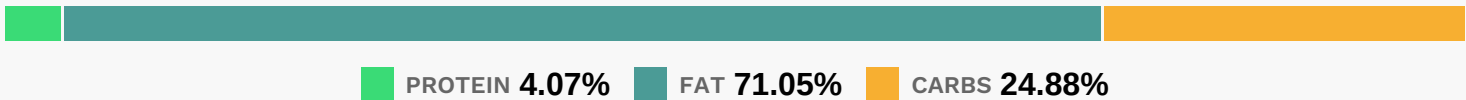
Equipment

☐ bowl

Directions

- ☐ Stir together first 3 ingredients in a large bowl.
- ☐ Add remaining ingredients, tossing to coat. Cover and chill at least 1 hour.
- ☐ *1 (16-ounce) package shredded coleslaw mix may be substituted for shredded red and green cabbages.

Nutrition Facts



Properties

Glycemic Index:37.51, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:5.8278261390717%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 66.04kcal (3.3%), Fat: 5.34g (8.21%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 3.15g (1.15%), Sugar: 2.83g (3.15%), Cholesterol: 2.94mg (0.98%), Sodium: 126.51mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Vitamin C: 35.47mg (42.99%), Vitamin K: 33.49µg (31.89%), Vitamin A: 862.13IU (17.24%), Manganese: 0.11mg (5.4%), Vitamin B6: 0.1mg (5.21%), Fiber: 1.05g (4.22%), Folate: 16.2µg (4.05%), Vitamin E: 0.55mg (3.68%), Potassium: 116.29mg (3.32%), Vitamin B2: 0.04mg (2.13%), Vitamin B1: 0.03mg (1.98%), Iron: 0.35mg (1.92%), Magnesium: 7.27mg (1.82%), Calcium: 16.9mg (1.69%), Phosphorus: 15.7mg (1.57%), Vitamin B3: 0.28mg (1.41%), Vitamin B5: 0.12mg (1.22%)