



## Lexington-Style Barbecue Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



90 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

### Ingredients

- 2 teaspoons pepper black
- 2 cups cabbage chopped
- 0.5 teaspoon cayenne pepper
- 0.5 cup catsup
- 4 servings salt
- 2 tablespoons sugar
- 2 teaspoons vinegar

### Equipment

bowl

## Directions

- In a small bowl, mix together the dry ingredients.
- Add the wet ingredients and mix well. The vinegar mixture should have a reddish appearance.
- Pour the mixture over the cabbage and stir to combine. Chill the slaw in the refrigerator for at least 1 hour before serving.

## Nutrition Facts

 **PROTEIN 4.9%**  **FAT 1.97%**  **CARBS 93.13%**

## Properties

Glycemic Index:57.02, Glycemic Load:4.84, Inflammation Score:-3, Nutrition Score:4.6860869604608%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 65.9kcal (3.3%), Fat: 0.16g (0.25%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 15.72g (5.72%), Sugar: 13.53g (15.03%), Cholesterol: 0mg (0%), Sodium: 472.58mg (20.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin K: 29.34µg (27.94%), Vitamin C: 14.23mg (17.25%), Manganese: 0.22mg (11.02%), Vitamin A: 297.7IU (5.95%), Fiber: 1.29g (5.14%), Vitamin B6: 0.1mg (4.99%), Potassium: 162.34mg (4.64%), Folate: 18.18µg (4.55%), Vitamin B2: 0.07mg (4.06%), Vitamin E: 0.58mg (3.84%), Vitamin B3: 0.54mg (2.72%), Magnesium: 10.22mg (2.56%), Copper: 0.05mg (2.36%), Calcium: 23.63mg (2.36%), Iron: 0.39mg (2.17%), Phosphorus: 19.31mg (1.93%), Vitamin B1: 0.03mg (1.77%), Vitamin B5: 0.1mg (1.02%)