



## Long Beach Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

## Ingredients

- 6 cloves garlic minced
- 2 heads iceberg lettuce trimmed cut into 1-inch squares
- 2 tablespoons olive oil extra-virgin
- 0.5 small head cabbage red trimmed cut into 1/8-inch shreds
- 0.5 onion red thinly sliced
- 1 cup red wine vinegar
- 1 cup chunky cheese salad dressing blue thick (such as Marie's)
- 8 servings sea salt and pepper freshly ground fine

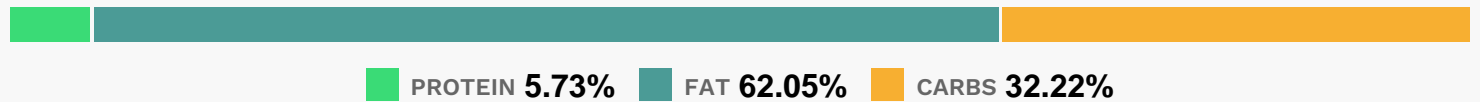
## Equipment

- bowl
- frying pan

## Directions

- In a large skillet over medium-high heat, combine the olive oil, red onion and garlic and cook 2 minutes (do not brown).
- Add the cabbage, 1 teaspoon salt, 1 tablespoon pepper and the vinegar and mix thoroughly; cook 3 to 5 minutes, until the cabbage is tender.
- Transfer to a bowl and let cool to room temperature, then refrigerate 30 minutes.
- In a large salad bowl, toss the lettuce with the blue cheese dressing.
- Drain the cabbage and lightly mix with the iceberg and dressing.
- Add more pepper to taste.
- Serve immediately.
- Photograph by Kat Teutsch

## Nutrition Facts



## Properties

Glycemic Index:15.13, Glycemic Load:1.71, Inflammation Score:-7, Nutrition Score:9.6608696398528%

## Flavonoids

Cyanidin: 74.36mg, Cyanidin: 74.36mg, Cyanidin: 74.36mg, Cyanidin: 74.36mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## Nutrients (% of daily need)

Calories: 143.07kcal (7.15%), Fat: 9.96g (15.33%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 9.11g (3.31%), Sugar: 7.5g (8.33%), Cholesterol: 0mg (0%), Sodium: 511.64mg (22.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin K: 64.63µg (61.56%), Vitamin C: 25.45mg (30.85%), Vitamin A: 1082.84IU (21.66%), Manganese: 0.32mg (16.22%), Folate: 46.83µg (11.71%), Fiber: 2.53g (10.1%), Vitamin E: 1.43mg (9.55%), Potassium: 331.57mg (9.47%), Vitamin B6: 0.19mg (9.28%), Iron: 1.12mg (6.23%), Vitamin B1: 0.09mg (6.1%), Calcium: 51.62mg (5.16%), Phosphorus: 49.81mg (4.98%), Magnesium: 19.02mg (4.76%), Vitamin B2: 0.06mg (3.67%), Copper: 0.06mg (2.89%), Zinc: 0.35mg (2.32%), Vitamin B5: 0.2mg (1.97%), Vitamin B3: 0.38mg (1.88%), Selenium: 1.29µg (1.84%)