



## Long Beach Coleslaw



Vegetarian



Vegan



Gluten Free

READY IN



17 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

## Ingredients

- 1 tablespoon pepper black freshly ground
- 12 ounces cheese dressing blue thick
- 2 tablespoons garlic minced
- 2 iceberg lettuce heads cleaned cut into 1-inch pieces
- 2 tablespoons olive oil extra-virgin
- 0.5 small head cabbage red julienned cleaned cut into 1/8-inch,
- 0.5 onion red thinly sliced
- 8 ounces red wine vinegar

1 teaspoon sea salt

## Equipment

bowl

frying pan

## Directions

In medium saute pan over medium heat, add olive oil, onion and garlic, cook for 2 minutes, do not let brown.

Add cabbage, pepper, salt, and vinegar.

Mix thoroughly, and cook for 3 to 5 minutes until cabbage is tender.

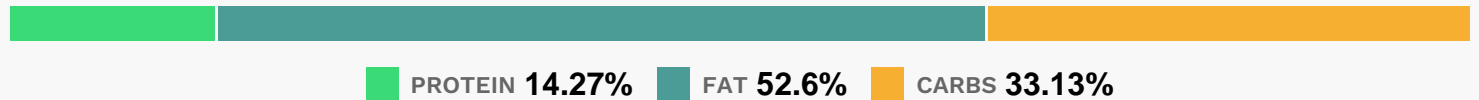
Remove to a bowl and let chill in refrigerator until cool.

In large salad bowl, add Iceberg lettuce and toss with blue cheese dressing.

Strain cabbage mixture of any liquid and lightly mix with Iceberg and blue cheese dressing.

Add pepper, to taste.

## Nutrition Facts



## Properties

Glycemic Index:19.13, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:9.7630435487498%

## 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: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

## Nutrients (% of daily need)

Calories: 115.89kcal (5.79%), Fat: 6.85g (10.54%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 7g (2.54%), Sugar: 5.53g (6.14%), Cholesterol: 0.43mg (0.14%), Sodium: 716.13mg (31.14%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin K: 51.7µg (49.24%), Vitamin C: 25.37mg (30.76%), Vitamin A: 1077.62IU (21.55%), Manganese: 0.41mg (20.31%), Folate: 48.23µg (12.06%), Fiber: 2.71g (10.84%), Potassium: 317.41mg (9.07%), Calcium: 88.49mg (8.85%), Vitamin B6: 0.17mg (8.72%), Phosphorus: 81.38mg (8.14%), Iron: 1.32mg (7.33%), Vitamin B1: 0.09mg (6.29%), Vitamin B2: 0.11mg (6.24%), Vitamin E: 0.9mg (6.02%), Magnesium: 21.69mg (5.42%), Copper: 0.07mg (3.28%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.21mg (2.06%), Selenium: 1.38µg (1.98%), Vitamin B3: 0.37mg (1.83%), Vitamin B12: 0.1µg (1.63%)