



Long Beach Coleslaw



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups cheese blue divided crumbled
- ☐ 0.7 cup buttermilk
- ☐ 2 teaspoons champagne vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons garlic minced
- ☐ 1 head iceberg lettuce cored trimmed cut into 1-inch pieces
- ☐ 2 teaspoons juice of lemon fresh divided
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 tablespoon cracked pepper fresh black
- ☐ 1 teaspoon cracked pepper fresh black
- ☐ 0.5 medium cabbage red trimmed cut into 1/8-inch julienne
- ☐ 0.5 onion red thinly sliced
- ☐ 1 cup red wine vinegar
- ☐ 0.5 teaspoon sea salt
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon shallots minced

Equipment

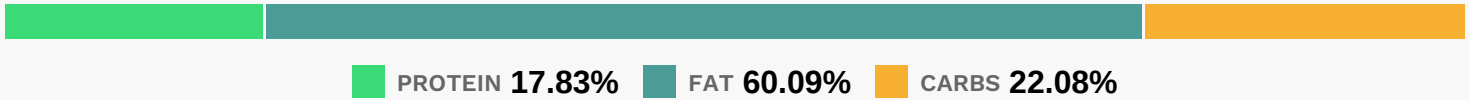
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ In medium skillet over medium heat, add the olive oil and, when hot, add the onions and garlic and cook for 2 minutes.
- ☐ Add the cabbage, pepper, salt and vinegar.
- ☐ Mix thoroughly and cook until the cabbage is tender, 3 to 5 minutes.
- ☐ Transfer to a bowl, cover with plastic wrap and refrigerate until cool.
- ☐ In large salad bowl, add the lettuce and toss with the Blue Cheese Dressing. To make sure you add enough dressing for the salad, pour the dressing once around the outside of the bowl and then toss.
- ☐ Add more only if desired.
- ☐ Add the cabbage to the lettuce. Toss to combine and adjust the seasoning, as needed.
- ☐ In a food processor fitted with the bottom blade, or in a blender, add 1 cup blue cheese, 2/3 cups buttermilk, Dijon, vinegar, 1/2 of the lemon juice, shallots, salt and pepper and process for

- a few seconds until combined and creamy. Taste for seasoning and add the remaining lemon juice, if necessary.
- ☐ Crumble the remaining blue cheese in a medium glass bowl.
 - ☐ Pour the blended dressing over the crumbled cheese and fold together with a rubber spatula.
 - ☐ Add the remaining buttermilk to thin out to desired consistency. Refrigerate 1 hour before using. Store unused dressing in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:9.5291305106619%

Flavonoids

Cyanidin: 88.02mg, Cyanidin: 88.02mg, Cyanidin: 88.02mg, Cyanidin: 88.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 139.31kcal (6.97%), Fat: 9.38g (14.43%), Saturated Fat: 4.51g (28.22%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 5.82g (2.12%), Sugar: 3.87g (4.3%), Cholesterol: 16.95mg (5.65%), Sodium: 634.45mg (27.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin C: 26.86mg (32.56%), Vitamin K: 32.62µg (31.06%), Vitamin A: 925.41IU (18.51%), Calcium: 164.42mg (16.44%), Manganese: 0.33mg (16.35%), Phosphorus: 124.45mg (12.45%), Vitamin B6: 0.18mg (9.03%), Vitamin B2: 0.15mg (9.01%), Potassium: 290.21mg (8.29%), Folate: 32.87µg (8.22%), Fiber: 1.93g (7.72%), Selenium: 4.64µg (6.63%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.83mg (5.53%), Vitamin B12: 0.32µg (5.34%), Magnesium: 20.89mg (5.22%), Iron: 0.9mg (4.99%), Vitamin B1: 0.07mg (4.81%), Vitamin E: 0.63mg (4.17%), Copper: 0.05mg (2.72%), Vitamin B3: 0.5mg (2.5%), Vitamin D: 0.31µg (2.06%)