

Mardi Gras Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup carrots shredded (1 medium)
- ☐ 2 tablespoons cider vinegar
- ☐ 4 cups cabbage green very thinly sliced
- ☐ 3 green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup canola mayonnaise
- ☐ 1 teaspoon mustard seeds

☐ 1 cup cabbage red very thinly sliced

Equipment

☐ bowl

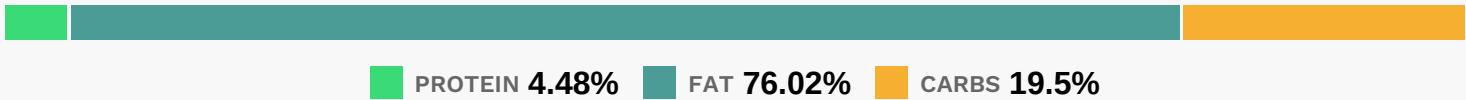
☐ whisk

Directions

☐ Combine the first 5 ingredients in a large bowl, stirring with a whisk.

☐ Add remaining ingredients, and toss to coat.

Nutrition Facts



Properties

Glycemic Index:34.6, Glycemic Load:1.06, Inflammation Score:-8, Nutrition Score:6.9447827154528%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 83.18kcal (4.16%), Fat: 7.2g (11.08%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 2.65g (0.97%), Sugar: 2.13g (2.36%), Cholesterol: 3.92mg (1.31%), Sodium: 220.4mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin K: 56.48µg (53.79%), Vitamin A: 1558.99IU (31.18%), Vitamin C: 20.52mg (24.87%), Manganese: 0.12mg (6.09%), Fiber: 1.5g (6.02%), Folate: 22.56µg (5.64%), Vitamin B6: 0.08mg (4.17%), Potassium: 132.58mg (3.79%), Vitamin E: 0.48mg (3.18%), Calcium: 27.03mg (2.7%), Vitamin B1: 0.04mg (2.69%), Magnesium: 9.56mg (2.39%), Iron: 0.41mg (2.27%), Phosphorus: 22.36mg (2.24%), Vitamin B2: 0.03mg (1.94%), Selenium: 1.21µg (1.73%), Vitamin B5: 0.13mg (1.35%), Vitamin B3: 0.25mg (1.26%), Zinc: 0.16mg (1.09%), Copper: 0.02mg (1.03%)