



Marinated Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup apple cider vinegar
- ☐ 1 teaspoon celery seed
- ☐ 2 bell peppers green thinly sliced
- ☐ 1 tablespoon mustard seed
- ☐ 0.5 head napa cabbage salted shredded rinsed
- ☐ 2 bell peppers red thinly sliced
- ☐ 1 cup sugar

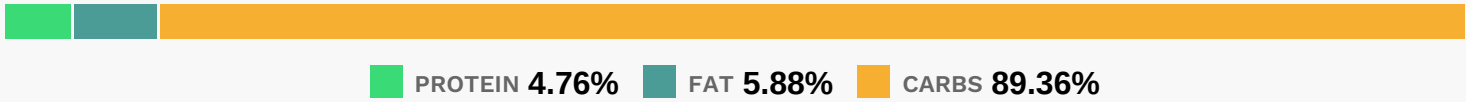
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ canning jar

Directions

- ☐ Toss the cabbage and peppers and place into a strainer resting over a bowl to drain for 2 hours. Then place into a mason jar.
- ☐ In a small saucepan, bring the vinegar, sugar, mustard seed, and celery seed to a boil.
- ☐ Pour over the cabbage and the peppers. Store in the refrigerator for 3 days before serving.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:18.36, Inflammation Score:-8, Nutrition Score:11.053043676459%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 3.5mg, Luteolin: 3.5mg, Luteolin: 3.5mg, Luteolin: 3.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 131.61kcal (6.58%), Fat: 0.89g (1.38%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 28.59g (10.4%), Sugar: 27.89g (30.99%), Cholesterol: 0mg (0%), Sodium: 9.09mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 77.33mg (93.73%), Vitamin K: 27.86µg (26.54%), Vitamin A: 1220.98IU (24.42%), Folate: 63.35µg (15.84%), Vitamin B6: 0.29mg (14.57%), Manganese: 0.29mg (14.29%), Fiber: 2g (8.01%), Potassium: 279.21mg (7.98%), Calcium: 58.26mg (5.83%), Magnesium: 21.17mg (5.29%), Selenium: 3.43µg (4.9%), Vitamin E: 0.72mg (4.8%), Vitamin B1: 0.07mg (4.5%), Phosphorus: 44.54mg (4.45%), Vitamin B2: 0.07mg (4.17%), Iron: 0.7mg (3.89%), Vitamin B3: 0.73mg (3.66%), Copper: 0.06mg (3.04%), Zinc: 0.35mg (2.37%), Vitamin B5: 0.19mg (1.94%)