



Marinated Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

Ingredients

- ☐ 1 cup pepper rings jarred drained
- ☐ 0.5 teaspoon pepper black
- ☐ 16 oz coleslaw mix shredded
- ☐ 2 medium size cucumber sliced into half-moons
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1.5 cups ears corn fresh (3 ears)
- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 cup rice vinegar
- ☐ 1 tablespoon sugar

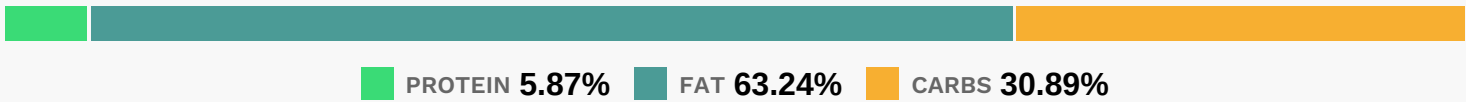
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine coleslaw mix, corn kernels, cucumbers, cilantro, banana pepper rings, and garlic in a large zip-top plastic freezer bag.
- ☐ Whisk together vinegar, sugar, kosher salt, cumin, crushed red pepper, and black pepper; add to bag. Seal bag, and turn to coat.
- ☐ Let stand 30 minutes.
- ☐ Drain; transfer to a serving bowl. Stir in mayonnaise to coat.

Nutrition Facts



Properties

Glycemic Index:82.02, Glycemic Load:4.34, Inflammation Score:-7, Nutrition Score:16.66478264591%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 311.5kcal (15.58%), Fat: 22.16g (34.09%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 24.36g (8.12%), Net Carbohydrates: 19.12g (6.95%), Sugar: 12.34g (13.71%), Cholesterol: 11.76mg (3.92%), Sodium: 1125.14mg

(48.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Vitamin K: 149.7µg (142.57%), Vitamin C: 51.03mg (61.85%), Manganese: 0.5mg (24.85%), Folate: 95.42µg (23.86%), Fiber: 5.24g (20.95%), Potassium: 579.81mg (16.57%), Vitamin B6: 0.3mg (14.93%), Vitamin B1: 0.21mg (13.97%), Magnesium: 55.28mg (13.82%), Phosphorus: 123.45mg (12.35%), Vitamin A: 552.77IU (11.06%), Vitamin B5: 1.06mg (10.64%), Copper: 0.18mg (9.22%), Vitamin E: 1.33mg (8.86%), Iron: 1.53mg (8.48%), Calcium: 82.4mg (8.24%), Vitamin B2: 0.13mg (7.48%), Vitamin B3: 1.36mg (6.8%), Zinc: 0.81mg (5.42%), Selenium: 2.11µg (3.01%)