



Mayo-Free Vegan Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



729 kcal

SIDE DISH

Ingredients

- ☐ 0.5 carrots with vegetable peeler peeled
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup hemp seed oil
- ☐ 0.3 cup hemp seed shelled
- ☐ 2 Tbsp maple syrup
- ☐ 0.3 cup raisins
- ☐ 3 cups cabbage shredded green red
- ☐ 0.3 cup red wine vinegar

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0.5 cup pasilla peppers red yellow chopped

Equipment

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bowl

☐

whisk

Directions

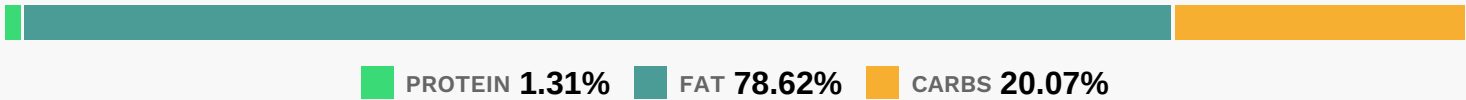
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Combine Hemp Seed Oil, vinegar and maple syrup in a bowl.

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Whisk together.Toss with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:108.15, Glycemic Load:14.28, Inflammation Score:-7, Nutrition Score:16.583913082662%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 728.83kcal (36.44%), Fat: 64.71g (99.55%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 32.65g (11.87%), Sugar: 15.64g (17.37%), Cholesterol: 0mg (0%), Sodium: 31.03mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin C: 110.29mg (133.68%), Vitamin K: 105.68µg (100.64%), Manganese: 0.75mg (37.72%), Vitamin B2: 0.35mg (20.5%), Fiber: 4.53g (18.11%), Folate: 63.45µg (15.86%), Potassium: 498.68mg (14.25%), Vitamin B6: 0.23mg (11.74%), Calcium: 83.83mg (8.38%), Iron: 1.48mg (8.21%), Vitamin B1: 0.12mg (7.68%), Magnesium: 30.46mg (7.62%), Copper: 0.13mg (6.41%), Vitamin A: 314.72IU (6.29%), Phosphorus: 57mg (5.7%), Vitamin B3: 0.86mg (4.32%), Zinc: 0.48mg (3.23%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.23mg (1.51%)