

Memphis Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 lb cabbage
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.3 teaspoon sea salt
- ☐ 1 cup bell pepper diced green
- ☐ 0.3 teaspoon ground coriander
- ☐ 2 teaspoons kosher salt

- ☐ 1 tablespoon brown sugar light
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon onion powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1 cup onion diced red

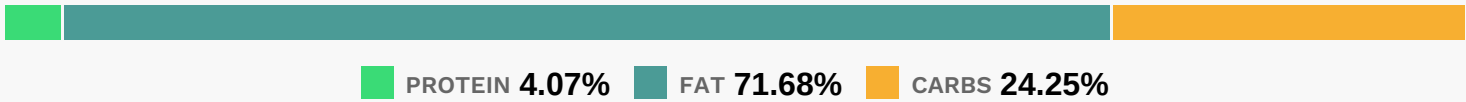
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together brown sugar, kosher salt, paprika, dry mustard, oregano, freshly ground black pepper, granulated garlic, ground coriander, and onion powder in a bowl.
- ☐ Whisk in mayonnaise and vinegar until sugar dissolves.
- ☐ Cut cabbage into thick slices; cut slices crosswise. Fold cabbage, bell pepper, and red onion into mayonnaise mixture until coated.
- ☐ Let stand 1 hour before serving, tossing occasionally.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:4.3613043197471%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 69.9kcal (3.5%), Fat: 5.7g (8.76%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.52g (2.8%), Cholesterol: 3.14mg (1.05%), Sodium: 364.26mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin K: 36.57µg (34.82%), Vitamin C: 19.87mg (24.08%), Manganese: 0.1mg (5.16%), Fiber: 1.23g (4.92%), Folate: 16.79µg (4.2%), Vitamin B6: 0.08mg (3.93%), Vitamin A: 138.65IU (2.77%), Potassium: 96.5mg (2.76%), Vitamin E: 0.38mg (2.56%), Vitamin B1: 0.03mg (2.09%), Calcium: 19.52mg (1.95%), Magnesium: 7.01mg (1.75%), Iron: 0.31mg (1.7%), Phosphorus: 16.49mg (1.65%), Vitamin B2: 0.02mg (1.27%), Copper: 0.02mg (1.11%), Vitamin B5: 0.11mg (1.07%)