



Mexican Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 10 oz cabbage shredded finely
- ☐ 0.5 cup carrots shredded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno diced seeded
- ☐ 2 cups jicama shredded
- ☐ 2 tablespoons juice of lime

- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons orange juice
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

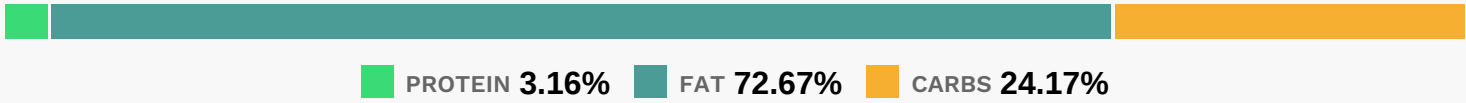
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together olive oil and next 6 ingredients in a large bowl.
- ☐ Add shredded cabbage and remaining ingredients, and toss to coat. Cover and chill slaw mixture at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:36.1, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:6.8860870185106%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 108.86kcal (5.44%), Fat: 9.14g (14.06%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 4g (1.45%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 159.42mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin K: 35.62µg (33.93%), Vitamin C: 25.59mg (31.02%), Vitamin A: 1443.32IU (28.87%), Fiber: 2.84g (11.37%), Vitamin E: 1.64mg (10.95%), Manganese: 0.12mg (5.97%), Folate: 23.14µg (5.78%), Potassium: 159.95mg (4.57%), Vitamin B6: 0.09mg (4.27%), Iron: 0.56mg (3.13%), Magnesium: 11.04mg (2.76%), Vitamin B1: 0.04mg (2.72%), Calcium: 24.83mg (2.48%), Phosphorus: 21.2mg (2.12%),

Vitamin B2: 0.03mg (1.95%), Copper: 0.03mg (1.74%), Vitamin B5: 0.17mg (1.66%), Vitamin B3: 0.29mg (1.43%), Zinc: 0.16mg (1.05%)