



Mexican Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



65 kcal

SIDE DISH

Ingredients



1 head cabbage



1 ounce cilantro leaves fresh



2 limes



4 ounces radishes



10 servings salt and pepper



3 tablespoons vegetable oil

Equipment

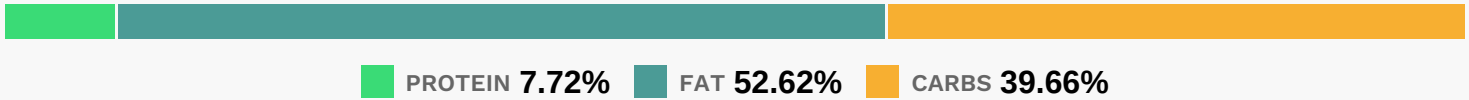


bowl

Directions

- ☐ Squeeze 3 tablespoons juice from limes into a large bowl.
- ☐ Add vegetable oil and mix.
- ☐ Rinse cabbage, radishes, and cilantro. Finely shred enough cabbage to make 3 quarts. Thinly slice radishes to make about 1 cup. Chop enough cilantro to make about 1/2 cup.
- ☐ Add cabbage, radishes, and cilantro to dressing.
- ☐ Mix gently.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.72, Inflammation Score:-5, Nutrition Score:9.21434776679333%

Flavonoids

Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 65.25kcal (3.26%), Fat: 4.22g (6.5%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.37g (3.74%), Cholesterol: 0mg (0%), Sodium: 216.13mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Vitamin K: 85.53µg (81.45%), Vitamin C: 39.58mg (47.97%), Fiber: 2.91g (11.62%), Folate: 44.71µg (11.18%), Manganese: 0.17mg (8.34%), Vitamin B6: 0.13mg (6.53%), Potassium: 209.26mg (5.98%), Vitamin A: 287.78IU (5.76%), Calcium: 45.6mg (4.56%), Vitamin B1: 0.06mg (4.18%), Vitamin E: 0.57mg (3.8%), Magnesium: 13.58mg (3.39%), Iron: 0.6mg (3.32%), Phosphorus: 29.65mg (2.96%), Vitamin B2: 0.05mg (2.82%), Vitamin B5: 0.26mg (2.56%), Copper: 0.04mg (1.91%), Vitamin B3: 0.3mg (1.5%), Zinc: 0.22mg (1.5%)