



Neely's Rainbow Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 medium carrots peeled
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 teaspoon celery seed
- ☐ 1 large gala apple unpeeled
- ☐ 1 large apples i use 2 granny smith apples unpeeled
- ☐ 0.5 cabbage green
- ☐ 0.8 cup mayonnaise

- ☐ 0.5 cabbage red
- ☐ 0.5 onion red
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup sugar
- ☐ 1 sweet potatoes and into peeled
- ☐ 0.3 cup mustard yellow

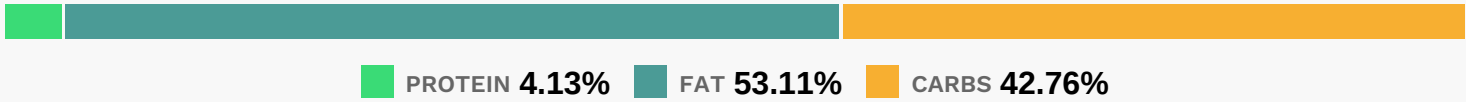
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grater

Directions

- ☐ In a medium bowl, whisk together the mayonnaise, mustard, cayenne, sugar, celery seed, apple cider vinegar, and salt and black pepper, to taste, until thoroughly combined. Reserve.
- ☐ Using a large holed grater attachment for a food processor, grate the cabbage, carrots, red onion, sweet potato, and apples.
- ☐ Remove to a large serving bowl and toss with the reserved dressing. Cover with plastic wrap and refrigerate for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:87.99, Glycemic Load:15.54, Inflammation Score:-10, Nutrition Score:21.820434578087%

Flavonoids

Cyanidin: 147.87mg, Cyanidin: 147.87mg, Cyanidin: 147.87mg, Cyanidin: 147.87mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

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Nutrients (% of daily need)

Calories: 354.94kcal (17.75%), Fat: 21.79g (33.52%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 31.93g (11.61%), Sugar: 24.42g (27.13%), Cholesterol: 11.76mg (3.92%), Sodium: 360.95mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.63%), Vitamin A: 9730.95IU (194.62%), Vitamin K: 135.34µg (128.9%), Vitamin C: 73.95mg (89.63%), Fiber: 7.54g (30.14%), Manganese: 0.54mg (27.09%), Vitamin B6: 0.4mg (20.17%), Potassium: 615.45mg (17.58%), Folate: 59.44µg (14.86%), Vitamin B1: 0.17mg (11.61%), Magnesium: 43.42mg (10.86%), Vitamin E: 1.57mg (10.44%), Calcium: 99.15mg (9.92%), Phosphorus: 95.35mg (9.53%), Iron: 1.65mg (9.16%), Vitamin B2: 0.15mg (8.88%), Vitamin B5: 0.76mg (7.57%), Selenium: 5.2µg (7.44%), Copper: 0.13mg (6.71%), Vitamin B3: 1.04mg (5.18%), Zinc: 0.63mg (4.17%)