



No Mayo Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- 4 cups cabbage thinly sliced ()
- 1 carrots grated
- 2 radishes thinly sliced
- 1 green onion thinly sliced
- 0.3 cup cilantro leaves fresh packed chopped ()
- 1 tablespoon olive oil extra virgin
- 1 tablespoon seasoned rice vinegar plain with added sugar to taste)
- 4 servings salt and pepper black freshly ground to taste

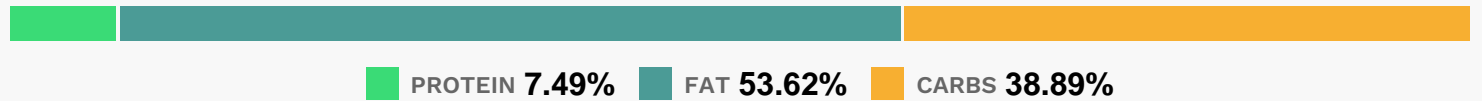
Equipment

bowl

Directions

- Place the thinly sliced cabbage, grated carrot, radish slices, sliced green onions, and cilantro in a large serving bowl.
- Toss with dressing and serve: Right before serving, sprinkle with olive oil, rice vinegar, salt and pepper, and toss to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:67.21, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:9.5004347316597%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 57.17kcal (2.86%), Fat: 3.62g (5.57%), Saturated Fat: 0.51g (3.22%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 3.57g (1.3%), Sugar: 3.08g (3.42%), Cholesterol: 0mg (0%), Sodium: 25.01mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin K: 66.82µg (63.64%), Vitamin A: 2714.34IU (54.29%), Vitamin C: 27.65mg (33.51%), Fiber: 2.34g (9.36%), Folate: 36.05µg (9.01%), Manganese: 0.16mg (7.96%), Vitamin B6: 0.11mg (5.64%), Potassium: 187.39mg (5.35%), Vitamin E: 0.75mg (5.01%), Calcium: 37.08mg (3.71%), Vitamin B1: 0.06mg (3.7%), Magnesium: 11.5mg (2.88%), Iron: 0.47mg (2.63%), Phosphorus: 25.85mg (2.58%), Vitamin B2: 0.04mg (2.46%), Vitamin B5: 0.2mg (2.03%), Vitamin B3: 0.35mg (1.73%), Copper: 0.03mg (1.37%), Zinc: 0.19mg (1.24%)