



Overnight Slaw

 Vegetarian  Gluten Free

READY IN



19 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds cabbage shredded
- ☐ 0.5 cup carrots shredded
- ☐ 0.5 teaspoon celery seed
- ☐ 1 teaspoon dijon mustard coarse-grained
- ☐ 4 ounce feta cheese crumbled
- ☐ 2 green onions diagonally sliced
- ☐ 0.5 teaspoon mustard seed
- ☐ 0.1 teaspoon pepper

- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 cup cabbage shredded red
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 3 tablespoons citrus champagne vinegar

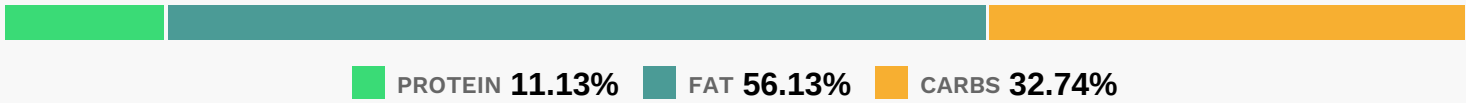
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine 6 cups shredded cabbage and next 4 ingredients in a large bowl.
- ☐ Stir together sugar and next 7 ingredients in a small saucepan; bring to a boil. Boil 1 minute.
- ☐ Remove from heat; cool completely.
- ☐ Pour dressing over cabbage mixture; toss well. Cover and chill 8 hours. Toss with feta cheese just before serving.
- ☐ *1 (16-ounce) package slaw mix may be substituted for shredded cabbages and carrot.

Nutrition Facts



Properties

Glycemic Index:43.49, Glycemic Load:3.77, Inflammation Score:-9, Nutrition Score:14.579565037852%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 129.2kcal (6.46%), Fat: 8.45g (12.99%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 7.8g (2.84%), Sugar: 6.71g (7.46%), Cholesterol: 12.62mg (4.21%), Sodium: 269.08mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Vitamin K: 97.09µg (92.46%), Vitamin C: 55.68mg (67.49%), Vitamin A: 1939.91IU (38.8%), Folate: 57.29µg (14.32%), Fiber: 3.28g (13.14%), Vitamin B6: 0.25mg (12.44%), Calcium: 123.67mg (12.37%), Manganese: 0.24mg (12%), Vitamin B2: 0.18mg (10.81%), Phosphorus: 86.65mg (8.66%), Potassium: 264.77mg (7.56%), Vitamin B1: 0.1mg (6.97%), Vitamin E: 0.83mg (5.56%), Magnesium: 20.88mg (5.22%), Iron: 0.87mg (4.84%), Zinc: 0.69mg (4.61%), Selenium: 3.16µg (4.51%), Vitamin B5: 0.42mg (4.21%), Vitamin B12: 0.24µg (3.99%), Vitamin B3: 0.62mg (3.11%), Copper: 0.04mg (1.88%)