



## Pan-Fried Coleslaw

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**59 kcal**

**SIDE DISH**

### Ingredients

- 2 slices hickory-smoked bacon sweet
- 0.5 teaspoon celery seeds
- 3 tablespoons cider vinegar
- 1 pound cabbage green very thinly sliced
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons water

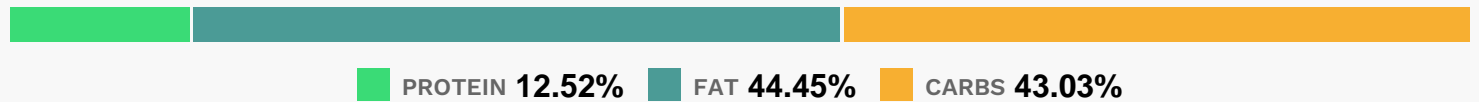
### Equipment

frying pan

## Directions

- Cook bacon in a large skillet over medium-high heat until crisp; remove bacon from skillet, reserving drippings in skillet. Set bacon aside.
- Cook cabbage in drippings over medium-high heat 6 minutes or until browned, stirring frequently.
- Add sugar, vinegar, water, salt, and celery seeds, and cook 1 minute, stirring constantly.
- Remove from heat; crumble bacon, and stir into cabbage mixture.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:25.68, Glycemic Load:2.52, Inflammation Score:-3, Nutrition Score:6.6669565627108%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 59.41kcal (2.97%), Fat: 3.03g (4.67%), Saturated Fat: 1g (6.28%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.7g (1.71%), Sugar: 4.45g (4.94%), Cholesterol: 4.84mg (1.61%), Sodium: 256.86mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin K: 57.46µg (54.72%), Vitamin C: 27.7mg (33.57%), Folate: 32.52µg (8.13%), Manganese: 0.15mg (7.68%), Fiber: 1.91g (7.64%), Vitamin B6: 0.11mg (5.74%), Vitamin B1: 0.07mg (4.46%), Potassium: 150.93mg (4.31%), Calcium: 34.37mg (3.44%), Phosphorus: 31.73mg (3.17%), Magnesium: 11.12mg (2.78%), Iron: 0.48mg (2.65%), Selenium: 1.74µg (2.49%), Vitamin B3: 0.48mg (2.38%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.24mg (1.59%), Vitamin A: 76.89IU (1.54%), Copper: 0.02mg (1.07%)