



Peanutty Cabbage-Apple Slaw with Raisins

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar packed
- 16 ounce carrots
- 0.3 cup apple cider vinegar white
- 0.3 teaspoon pepper red crushed
- 0.5 cup golden raisins seedless
- 3 cups apples i use 2 granny smith apples coarsely chopped
- 1.5 tablespoons vegetable oil; peanut oil preferred
- 0.5 teaspoon salt

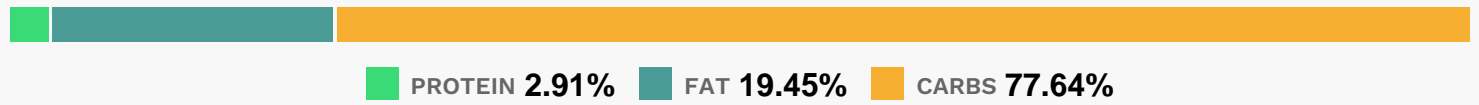
Equipment

whisk

Directions

- Combine first 5 ingredients, stirring with a whisk until sugar dissolves.
- Combine apple, raisins, and coleslaw.
- Drizzle with vinaigrette; toss well to combine. Chill for up to 3 hours.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:7.43, Inflammation Score:-10, Nutrition Score:8.3152174042619%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 126.59kcal (6.33%), Fat: 2.89g (4.45%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 22.88g (8.32%), Sugar: 19.64g (21.82%), Cholesterol: 0mg (0%), Sodium: 189.47mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Vitamin A: 9515.99IU (190.32%), Fiber: 3.1g (12.39%), Potassium: 316.86mg (9.05%), Vitamin K: 8.92µg (8.49%), Manganese: 0.16mg (7.8%), Vitamin C: 5.79mg (7.02%), Vitamin B6: 0.13mg (6.54%), Vitamin E: 0.91mg (6.04%), Copper: 0.08mg (3.79%), Vitamin B2: 0.06mg (3.7%), Phosphorus: 36.68mg (3.67%), Vitamin B3: 0.72mg (3.59%), Magnesium: 13.53mg (3.38%), Calcium: 33.03mg (3.3%), Folate: 12.54µg (3.13%), Vitamin B1: 0.05mg (3.08%), Iron: 0.47mg (2.61%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.19mg (1.29%)