

Pepper Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



83 kcal

SIDE DISH

Ingredients



0.5 cup carrots grated



0.3 cup bell pepper green chopped



3 cups cabbage green thinly sliced



3 cups cabbage red thinly sliced



0.5 cup red wine vinegar



0.1 teaspoon salt



0.5 cup sugar



0.3 cup water

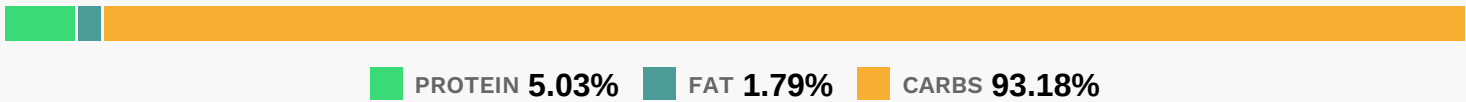
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first 4 ingredients in a large bowl.
- ☐ Combine sugar, vinegar, water, and salt; stir well with a whisk.
- ☐ Pour over cabbage mixture, tossing to coat. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:28.99, Glycemic Load:11.36, Inflammation Score:-8, Nutrition Score:8.0604348519574%

Flavonoids

Cyanidin: 80.04mg, Cyanidin: 80.04mg, Cyanidin: 80.04mg, Cyanidin: 80.04mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 82.74kcal (4.14%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 18.1g (6.58%), Sugar: 17.28g (19.2%), Cholesterol: 0mg (0%), Sodium: 65.68mg (2.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 39.05mg (47.33%), Vitamin A: 2008.73IU (40.17%), Vitamin K: 39.1µg (37.24%), Manganese: 0.17mg (8.55%), Fiber: 1.93g (7.71%), Vitamin B6: 0.15mg (7.27%), Folate: 22.21µg (5.55%), Potassium: 192.31mg (5.49%), Vitamin B1: 0.05mg (3.52%), Calcium: 34.34mg (3.43%), Iron: 0.58mg (3.23%), Magnesium: 12.28mg (3.07%), Vitamin B2: 0.05mg (2.84%), Phosphorus: 25.23mg (2.52%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.15mg (1.52%), Copper: 0.03mg (1.25%), Zinc: 0.18mg (1.18%), Vitamin E: 0.17mg (1.16%)