



WHATSheATE

Pickle Slaw



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



120 min.

SERVINGS



15

CALORIES



108 kcal

SIDE DISH

Ingredients



0.5 cup carrots shredded peeled



1 pinch ground pepper



2 tbsp juice of 1 mandarin (cut crosswise then tablespoon into jar over a strainer)



0.3 cup dill pickles diced



2 lbs cabbage shredded green cored



0.8 cup mayonnaise



0.3 cup rice vinegar



0.5 tsp salt

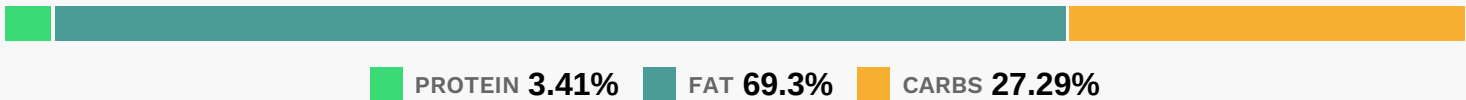
☐ 0.3 cup sugar

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Pickle Slaw
- ☐ Ingredients2 lbs green cabbage, cored and shredded1/2 cup peeled and shredded carrots3/4 cup mayonnaise1/3 cup rice vinegar1/4 cup sugar2 tbsp dill pickle juice1/2 tsp salt
- ☐ Pinch of cayenne pepper1/3 cup diced dill pickles
- ☐ Prep Time: 15 Minutes
- ☐ Total Time: 2 Hours
- ☐ Servings: About 5 cups of coleslaw – 15 servings
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:19.53, Glycemic Load:3.37, Inflammation Score:-6, Nutrition Score:6.6947825343713%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 107.85kcal (5.39%), Fat: 8.47g (13.04%), Saturated Fat: 1.34g (8.34%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.85g (2.13%), Sugar: 5.57g (6.19%), Cholesterol: 4.7mg (1.57%), Sodium: 217.85mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%), Vitamin K: 65.32µg (62.21%), Vitamin C: 22.46mg (27.22%), Vitamin A: 787.93IU (15.76%), Folate: 27.64µg (6.91%), Fiber: 1.66g (6.66%), Manganese: 0.11mg (5.44%), Vitamin B6: 0.08mg (4.15%), Potassium: 122.6mg (3.5%), Vitamin E: 0.49mg (3.28%), Calcium: 28.64mg (2.86%), Vitamin B1: 0.04mg (2.82%), Magnesium: 8.17mg (2.04%), Phosphorus: 20.32mg (2.03%), Iron: 0.33mg (1.85%),

Vitamin B2: 0.03mg (1.84%), Vitamin B5: 0.16mg (1.61%)