



Picnic Marinated Summer Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



145 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients



10 ounce cabbage shredded



1 cucumber peeled chopped



1 bunch green onions chopped



8 servings salt and ground pepper black to taste



1 large tomatoes peeled chopped



0.5 cup vegetable oil



0.5 cup sugar white



0.3 cup vinegar white

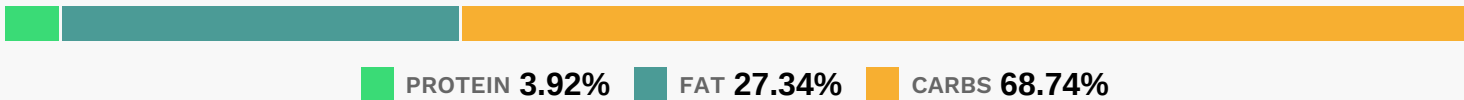
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine cabbage, cucumber, green bell pepper, tomato, and green onions in a large bowl.
- ☐ Cook and stir sugar, vegetable oil, vinegar, salt, and pepper together in a saucepan over medium heat until sugar dissolves, about 5 minutes.
- ☐ Remove from heat and allow to cool.
- ☐ Pour marinade over vegetables and stir to coat. Marinate slaw in the refrigerator for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:9.61, Inflammation Score:-4, Nutrition Score:5.27956514384444%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 92.31kcal (4.62%), Fat: 2.91g (4.48%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 14.96g (5.44%), Sugar: 14.8g (16.44%), Cholesterol: 0mg (0%), Sodium: 9.05mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin K: 42.81µg (40.78%), Vitamin C: 17.85mg (21.64%), Manganese: 0.13mg (6.62%), Folate: 25.84µg (6.46%), Fiber: 1.52g (6.1%), Vitamin A: 281.69IU (5.63%), Potassium: 175.18mg (5.01%), Vitamin B6: 0.08mg (4.17%), Magnesium: 12.11mg (3.03%), Vitamin B1: 0.04mg (2.89%), Vitamin E: 0.43mg (2.85%), Copper: 0.05mg (2.6%), Calcium: 24.91mg (2.49%), Phosphorus: 24.14mg (2.41%), Iron: 0.37mg (2.08%), Vitamin B2: 0.03mg (1.93%), Vitamin B5: 0.19mg (1.89%), Vitamin B3: 0.25mg (1.24%), Zinc: 0.18mg (1.21%)