



Piedmont-Style Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 1 medium size cabbage green grated
- ☐ 2 teaspoons hot sauce
- ☐ 0.7 cup catsup
- ☐ 2 teaspoons pepper
- ☐ 2 teaspoons salt
- ☐ 0.5 cup sugar

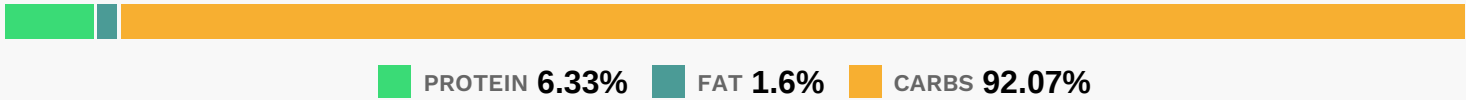
Equipment

bowl

Directions

- Stir together first 6 ingredients in a large bowl until blended.
- Add cabbage to bowl, and toss to coat. Cover and chill 2 hours.
- Note: For testing purposes only, we used Texas Pete Hot Sauce.

Nutrition Facts



Properties

Glycemic Index:18.61, Glycemic Load:8.39, Inflammation Score:-4, Nutrition Score:8.2434781504714%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 80.96kcal (4.05%), Fat: 0.15g (0.24%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 17.57g (6.39%), Sugar: 16.35g (18.17%), Cholesterol: 0mg (0%), Sodium: 648.48mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin K: 70.16µg (66.82%), Vitamin C: 34.49mg (41.8%), Manganese: 0.24mg (12.19%), Folate: 40.6µg (10.15%), Fiber: 2.42g (9.69%), Vitamin B6: 0.14mg (7.01%), Potassium: 214.81mg (6.14%), Calcium: 41.78mg (4.18%), Vitamin B2: 0.07mg (3.89%), Vitamin B1: 0.06mg (3.86%), Magnesium: 14.31mg (3.58%), Vitamin A: 174.55IU (3.49%), Iron: 0.56mg (3.1%), Phosphorus: 29.44mg (2.94%), Vitamin E: 0.37mg (2.5%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.21mg (2.06%), Copper: 0.04mg (1.92%), Zinc: 0.2mg (1.36%)