



Pineapple-Jalapeño Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons canola oil
- 1 cup carrots grated peeled
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 0.8 cup green onions thinly sliced
- 3 tablespoons jalapeno chopped
- 2 cups jicama grated peeled
- 0.5 teaspoon kosher salt

- 1 teaspoon lime rind grated
- 6 cups napa cabbage chinese thinly sliced ()
- 0.3 cup pineapple juice
- 0.3 cup seasoned rice vinegar
- 1 tablespoon sugar

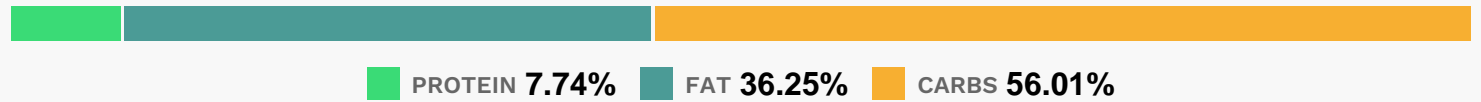
Equipment

- bowl
- whisk

Directions

- Combine first 7 ingredients in a small bowl, stirring with a whisk.
- Combine cabbage and remaining ingredients in a large bowl.
- Pour dressing over cabbage mixture; toss gently to coat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.49, Glycemic Load:2.76, Inflammation Score:-9, Nutrition Score:11.008695649064%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 68.16kcal (3.41%), Fat: 2.88g (4.42%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 6.72g (2.44%), Sugar: 4.84g (5.38%), Cholesterol: 0mg (0%), Sodium: 165.47mg (7.19%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin A: 3109.12IU (62.18%), Vitamin K: 50.55µg (48.15%), Vitamin C: 32.73mg (39.67%), Folate: 62.75µg (15.69%), Fiber: 3.27g (13.1%), Manganese: 0.23mg (11.59%), Vitamin B6: 0.21mg (10.36%), Potassium: 296.1mg (8.46%), Vitamin E: 1.05mg (7%), Calcium: 65.87mg (6.59%), Magnesium: 18.19mg (4.55%), Vitamin B2: 0.07mg (3.83%), Iron: 0.68mg (3.79%), Vitamin B1: 0.05mg (3.54%), Phosphorus: 35.13mg (3.51%), Copper: 0.07mg (3.27%), Vitamin B3: 0.62mg (3.08%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.18mg (1.84%), Selenium: 0.73µg (1.04%)