



Purple Apple Slaw

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 2 fuji apples diced cored peeled finely
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons milk
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 medium head cabbage shredded red finely
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar

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0.3 cup onion white finely minced

Equipment

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bowl

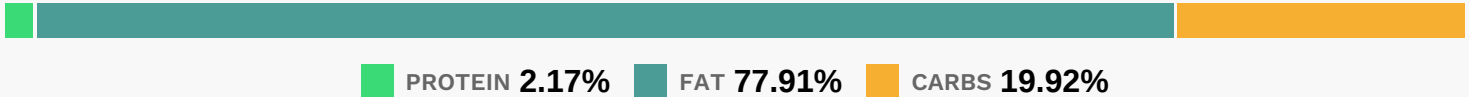
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whisk

Directions

- ☐ In a large serving bowl, toss together the cabbage, onion, and apples. In a small bowl, whisk together the mayonnaise, salt, pepper, sugar, lemon juice, and milk.
- ☐ Pour dressing over the cabbage mixture, and toss to coat. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:5.4008696027424%

Flavonoids

Cyanidin: 73.83mg, Cyanidin: 73.83mg, Cyanidin: 73.83mg, Cyanidin: 73.83mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 159.55kcal (7.98%), Fat: 14.16g (21.79%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 6.62g (2.41%), Sugar: 5.59g (6.21%), Cholesterol: 8.14mg (2.71%), Sodium: 226.29mg (9.84%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin K: 44.5µg (42.38%), Vitamin C: 22.54mg (27.32%), Vitamin A: 423.03IU (8.46%), Fiber: 1.53g (6.13%), Manganese: 0.1mg (5.23%), Vitamin E: 0.71mg (4.74%), Vitamin B6: 0.09mg (4.69%), Potassium: 132.64mg (3.79%), Vitamin B2: 0.04mg (2.38%), Folate: 9.27µg (2.32%), Calcium: 23.2mg (2.32%), Vitamin B1: 0.03mg (2.2%), Phosphorus: 21.47mg (2.15%), Iron: 0.37mg (2.04%), Magnesium: 8.12mg (2.03%), Vitamin B5: 0.12mg (1.19%), Selenium: 0.71µg (1.02%)