



Purple Apple Slaw with Peanut Butter Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 2 fuji apples diced cored peeled finely
- ☐ 3 tablespoons brown sugar
- ☐ 5 tablespoons creamy peanut butter
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 1.5 tablespoons garlic minced
- ☐ 6 tablespoons olive oil
- ☐ 0.5 head cabbage shredded red finely

- ☐ 6 tablespoons rice wine vinegar
- ☐ 3 tablespoons soya sauce
- ☐ 0.3 cup onion white finely minced

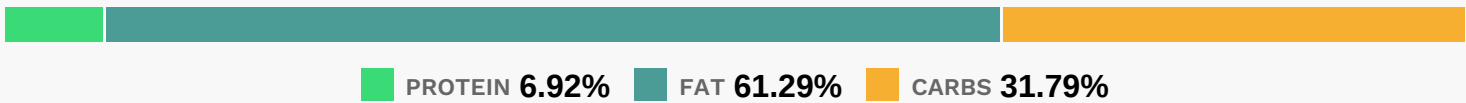
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk rice wine vinegar, olive oil, peanut butter, soy sauce, brown sugar, ginger, and garlic together in a bowl to make a smooth dressing.
- ☐ Toss red cabbage, apples, and onion in a large salad bowl and pour dressing over slaw; toss to coat. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:4.17, Inflammation Score:-8, Nutrition Score:11.811739289242%

Flavonoids

Cyanidin: 147.66mg, Cyanidin: 147.66mg, Cyanidin: 147.66mg, Cyanidin: 147.66mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg 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: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 295.17kcal (14.76%), Fat: 21.07g (32.42%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 20.75g (7.55%), Sugar: 16.71g (18.57%), Cholesterol: 0mg (0%), Sodium: 582.61mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Vitamin C: 43.88mg (53.18%), Vitamin K: 36.57µg (34.83%), Manganese: 0.49mg (24.58%), Vitamin E: 3.43mg (22.84%), Vitamin A: 813.34IU (16.27%), Fiber: 3.84g (15.35%), Vitamin B6: 0.29mg (14.36%), Vitamin B3: 2.52mg (12.61%), Magnesium: 43.22mg (10.81%), Potassium: 364.97mg (10.43%), Phosphorus: 91.21mg (9.12%), Folate: 29.14µg (7.28%), Iron: 1.26mg (7.03%), Vitamin B2: 0.11mg (6.35%), Vitamin B1: 0.09mg (5.76%), Copper: 0.11mg (5.7%), Calcium: 55.04mg (5.5%), Zinc: 0.6mg (4.01%), Vitamin B5: 0.35mg (3.48%), Selenium: 1.52µg (2.18%)