

Rainbow Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 medium carrots grated peeled
- ☐ 1 large fuji apple cored grated unpeeled
- ☐ 1 large golden delicious apple cored grated unpeeled
- ☐ 1 medium size bell pepper green cored seeded thinly sliced
- ☐ 8 cups cabbage green thinly sliced
- ☐ 3 green onions finely chopped
- ☐ 1 tablespoon maple syrup pure

- ☐ 1.5 cups mayonnaise
- ☐ 8 servings paprika
- ☐ 8 cups cabbage red thinly sliced
- ☐ 1 tablespoon sugar
- ☐ 1 small yam grated peeled (red-skinned sweet potato)

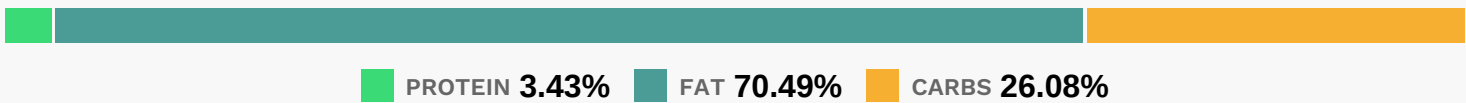
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk mayonnaise, apple cider vinegar, sugar, and maple syrup in small bowl.
- ☐ Place green cabbage and next 7 ingredients in very large bowl.
- ☐ Pour dressing over; toss. Season to taste with salt and pepper. Cover and chill 1 hour.
- ☐ Do ahead: Can be made 8 hours ahead. Chill.
- ☐ Sprinkle with paprika and serve.
- ☐ Using the large-holed grating disk and the thin slicing disk of the food processor makes this dish a snap.

Nutrition Facts



Properties

Glycemic Index:55.93, Glycemic Load:7.16, Inflammation Score:-10, Nutrition Score:21.957826101262%

Flavonoids

Cyanidin: 187.19mg, Cyanidin: 187.19mg, Cyanidin: 187.19mg, Cyanidin: 187.19mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg

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Nutrients (% of daily need)

Calories: 396.87kcal (19.84%), Fat: 32.06g (49.32%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 20.01g (7.28%), Sugar: 16.37g (18.19%), Cholesterol: 17.64mg (5.88%), Sodium: 320.32mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Vitamin K: 170.96µg (162.82%), Vitamin A: 6191.9IU (123.84%), Vitamin C: 92.83mg (112.52%), Fiber: 6.68g (26.7%), Manganese: 0.53mg (26.68%), Vitamin B6: 0.42mg (21.13%), Vitamin E: 2.49mg (16.63%), Potassium: 577.24mg (16.49%), Folate: 58.56µg (14.64%), Vitamin B2: 0.19mg (11.34%), Iron: 1.85mg (10.26%), Vitamin B1: 0.15mg (10.05%), Calcium: 94.89mg (9.49%), Magnesium: 36.31mg (9.08%), Phosphorus: 80.08mg (8.01%), Vitamin B3: 1.15mg (5.73%), Vitamin B5: 0.56mg (5.65%), Copper: 0.1mg (4.96%), Zinc: 0.61mg (4.07%), Selenium: 1.91µg (2.72%)