



Red and Green Cabbage Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



45 kcal

SIDE DISH

Ingredients

- 0.3 cup salad dressing (do not use salad dressing)
- 2 teaspoons sugar
- 2 teaspoons apple cider vinegar
- 0.3 teaspoon salt
- 1 Dash pepper
- 2 cups cabbage shredded green
- 1 cup cabbage shredded red
- 0.5 cup carrots shredded

0.3 cup parsley fresh chopped

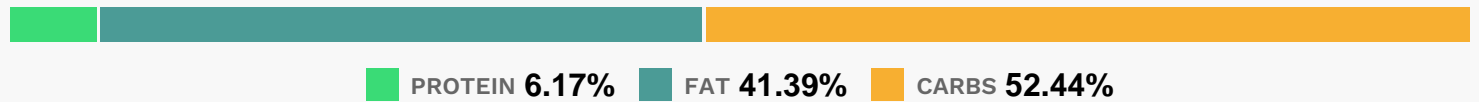
Equipment

bowl

Directions

- In large bowl, mix all dressing ingredients until well blended.
- Add slaw ingredients to dressing; toss lightly until evenly coated.
- Serve immediately, or cover and refrigerate up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:49.49, Glycemic Load:1.89, Inflammation Score:-9, Nutrition Score:7.8165216109027%

Flavonoids

Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 44.73kcal (2.24%), Fat: 2.16g (3.33%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 4.89g (1.78%), Sugar: 4.24g (4.71%), Cholesterol: 0mg (0%), Sodium: 211.19mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Vitamin K: 71.32µg (67.92%), Vitamin A: 2184.6IU (43.69%), Vitamin C: 20.99mg (25.44%), Fiber: 1.28g (5.12%), Manganese: 0.1mg (5.11%), Folate: 18.53µg (4.63%), Vitamin B6: 0.08mg (4.16%), Potassium: 133.4mg (3.81%), Iron: 0.45mg (2.48%), Calcium: 24.52mg (2.45%), Vitamin E: 0.36mg (2.37%), Vitamin B1: 0.03mg (2.33%), Magnesium: 8.31mg (2.08%), Phosphorus: 17.33mg (1.73%), Vitamin B2: 0.03mg (1.68%), Vitamin B3: 0.27mg (1.34%), Vitamin B5: 0.11mg (1.11%)