



Red Cabbage and Carrot Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

Ingredients

- 2 cups matchstick-cut carrots
- 0.5 cup prechopped tricolor bell pepper refrigerated
- 2 tablespoons cider vinegar
- 3 tablespoons dry-roasted peanuts unsalted
- 1 teaspoon ginger fresh grated peeled
- 0.8 cup cabbage red very thinly sliced
- 0.1 teaspoon salt

Equipment

bowl

Directions

Combine all ingredients in a medium bowl, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:11.603913120601%

Flavonoids

Cyanidin: 35.02mg, Cyanidin: 35.02mg, Cyanidin: 35.02mg, Cyanidin: 35.02mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 77.82kcal (3.89%), Fat: 3.85g (5.92%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 5.82g (2.12%), Sugar: 4.51g (5.01%), Cholesterol: 0mg (0%), Sodium: 160.76mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin A: 9594.98IU (191.9%), Vitamin C: 35.04mg (42.47%), Manganese: 0.35mg (17.73%), Fiber: 3.28g (13.1%), Vitamin K: 13.3µg (12.67%), Folate: 38.36µg (9.59%), Vitamin B6: 0.18mg (8.81%), Vitamin B3: 1.73mg (8.66%), Potassium: 297.29mg (8.49%), Magnesium: 24.5mg (6.12%), Copper: 0.12mg (6.07%), Phosphorus: 57.56mg (5.76%), Iron: 0.97mg (5.4%), Vitamin B5: 0.45mg (4.46%), Vitamin B1: 0.06mg (4.26%), Calcium: 37.44mg (3.74%), Vitamin B2: 0.06mg (3.35%), Zinc: 0.35mg (2.31%), Vitamin E: 0.31mg (2.09%), Selenium: 1.27µg (1.81%)