



Red Cabbage-Carrot Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

Ingredients

- 4 cups carrots shredded
- 0.3 cup cider vinegar
- 1.5 cups currants
- 0.3 cup chives fresh minced
- 0.3 cup optional: dill fresh minced
- 1.5 teaspoons coarse ground pepper
- 0.5 cup mayonnaise
- 4 cups cabbage shredded red

- 1.5 teaspoons salt
- 0.5 teaspoon sugar

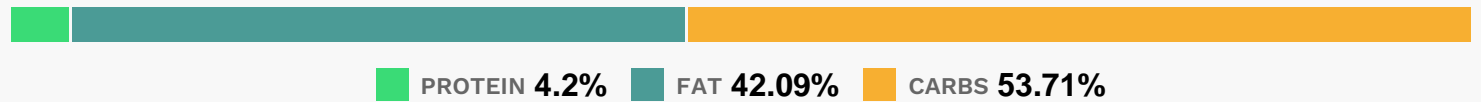
Equipment

- bowl

Directions

- Stir together first 5 ingredients in a large bowl.
- Add cabbage and remaining ingredients; toss well. Cover and chill 3 hours.

Nutrition Facts



Properties

Glycemic Index:44.49, Glycemic Load:7.99, Inflammation Score:-10, Nutrition Score:14.409999970509%

Flavonoids

Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg, Cyanidin: 93.37mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 218.01kcal (10.9%), Fat: 10.79g (16.61%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 26.92g (9.79%), Sugar: 21.94g (24.38%), Cholesterol: 5.88mg (1.96%), Sodium: 594.1mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin A: 11387.09IU (227.74%), Vitamin K: 52.43µg (49.94%), Vitamin C: 32.38mg (39.25%), Manganese: 0.42mg (20.9%), Fiber: 4.07g (16.29%), Potassium: 550.6mg (15.73%), Vitamin B6: 0.27mg (13.39%), Vitamin B1: 0.12mg (7.84%), Calcium: 72.69mg (7.27%), Iron: 1.26mg (6.98%), Phosphorus: 68.3mg (6.83%), Folate: 27.15µg (6.79%), Vitamin B2: 0.12mg (6.78%), Magnesium: 27.02mg (6.75%), Copper: 0.13mg (6.48%), Vitamin E: 0.97mg (6.45%), Vitamin B3: 1.29mg (6.44%), Vitamin B5: 0.29mg (2.91%), Zinc: 0.4mg (2.68%), Selenium: 0.88µg (1.26%)