



Red Cabbage, Cranberry, and Apple Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cranberries dried
- ☐ 2.3 cups apples i use 2 granny smith apples thinly sliced
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1.5 pounds cabbage red thinly sliced
- ☐ 0.3 cup rice vinegar
- ☐ 0.8 teaspoon salt

- ☐ 0.3 cup sugar
- ☐ 2 tablespoons citrus champagne vinegar

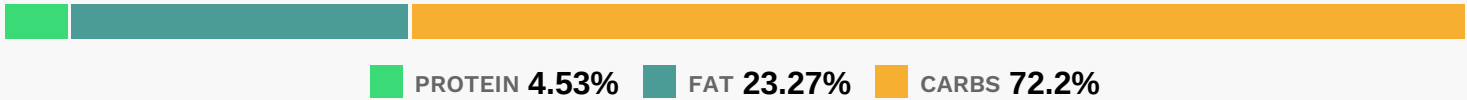
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine cabbage and cranberries in a large bowl.
- ☐ Combine vinegar and next 5 ingredients (vinegar through pepper), stirring with a whisk; drizzle over cabbage mixture, tossing gently to coat. Cover and chill 2 hours.
- ☐ Add apple, and toss well to combine.
- ☐ Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:8.57, Inflammation Score:-8, Nutrition Score:9.2713045089141%

Flavonoids

Cyanidin: 179.42mg, Cyanidin: 179.42mg, Cyanidin: 179.42mg, Cyanidin: 179.42mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg 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: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 135.38kcal (6.77%), Fat: 3.76g (5.79%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 22.87g (8.32%), Sugar: 20.87g (23.19%), Cholesterol: 0mg (0%), Sodium: 242.35mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin C: 50.17mg (60.81%), Vitamin K: 34.76µg (33.11%), Manganese: 0.42mg (20.84%), Vitamin A: 970.72IU (19.41%), Fiber: 3.39g (13.56%), Vitamin B6: 0.2mg (10.13%), Potassium: 265.52mg (7.59%), Vitamin B1: 0.08mg (5.6%), Magnesium: 20.27mg (5.07%), Iron: 0.88mg (4.9%), Calcium: 45.09mg (4.51%), Vitamin B2: 0.08mg (4.48%), Folate: 17.13µg (4.28%), Phosphorus: 40.35mg (4.03%), Copper: 0.07mg (3.65%), Vitamin E: 0.51mg (3.39%), Zinc: 0.37mg (2.45%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.19mg (1.94%), Selenium: 0.8µg (1.14%)