



WHATSheATE



Red cabbage & fennel coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



147 kcal

SIDE DISH

Ingredients



0.5 small cabbage shredded red



2 medium carrots grated



1 fennel bulb shredded cut into quarters and



2 shallots thinly sliced



50 g mayonnaise

Equipment

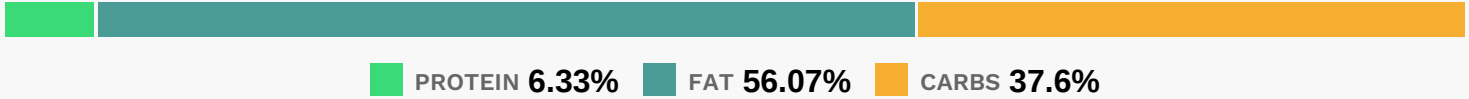


bowl

Directions

☐ Place all the vegetables in a bowl, then toss well. Stir in the mayonnaise to coat the salad, then season with lots of black pepper and a little salt. Any leftovers can be stored in a sealed container in the fridge for up to two days.

Nutrition Facts



Properties

Glycemic Index:50.96, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:16.70391304791%

Flavonoids

Cyanidin: 148.72mg, Cyanidin: 148.72mg, Cyanidin: 148.72mg, Cyanidin: 148.72mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 146.61kcal (7.33%), Fat: 9.67g (14.87%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 10.03g (3.65%), Sugar: 7.51g (8.35%), Cholesterol: 5.25mg (1.75%), Sodium: 151.48mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Vitamin A: 5973.31IU (119.47%), Vitamin K: 88.31µg (84.11%), Vitamin C: 50.22mg (60.87%), Manganese: 0.37mg (18.25%), Fiber: 4.56g (18.22%), Potassium: 556.27mg (15.89%), Vitamin B6: 0.26mg (13.09%), Folate: 39.22µg (9.81%), Calcium: 76.25mg (7.62%), Phosphorus: 71.31mg (7.13%), Iron: 1.26mg (7.01%), Magnesium: 27.69mg (6.92%), Vitamin E: 1.03mg (6.89%), Vitamin B1: 0.08mg (5.34%), Vitamin B2: 0.09mg (5.31%), Vitamin B3: 1mg (4.98%), Copper: 0.08mg (3.89%), Vitamin B5: 0.38mg (3.81%), Zinc: 0.41mg (2.77%), Selenium: 1.3µg (1.86%)