

## Red Cabbage Slaw

 Vegetarian  Gluten Free

READY IN



255 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

### Ingredients

- 1 tablespoon apple cider vinegar
- 0.5 cup carrots grated
- 0.3 cup cranberries dried
- 0.5 cup mayonnaise
- 1 tablespoon milk as needed
- 1 small head cabbage red thinly sliced chopped
- 0.3 cup walnuts chopped
- 1 teaspoon sugar white to taste

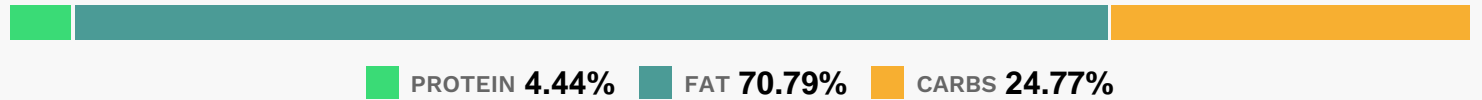
# Equipment

bowl

# Directions

Combine cabbage, carrot, mayonnaise, cranberries, walnuts, milk, cider vinegar, and sugar in a bowl; stir well. Cover and refrigerate until chilled, about 4 hours.

# Nutrition Facts



# Properties

Glycemic Index:49.49, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:13.260869521162%

# Flavonoids

Cyanidin: 198.45mg, Cyanidin: 198.45mg, Cyanidin: 198.45mg, Cyanidin: 198.45mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

# Nutrients (% of daily need)

Calories: 212.63kcal (10.63%), Fat: 17.46g (26.85%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 10.87g (3.95%), Sugar: 8.82g (9.8%), Cholesterol: 8.14mg (2.71%), Sodium: 152.84mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 54.57mg (66.14%), Vitamin K: 68.46µg (65.2%), Vitamin A: 2853.75IU (57.08%), Manganese: 0.43mg (21.62%), Vitamin B6: 0.24mg (12.17%), Fiber: 2.88g (11.51%), Potassium: 297.06mg (8.49%), Magnesium: 24.92mg (6.23%), Folate: 24.75µg (6.19%), Vitamin E: 0.93mg (6.19%), Vitamin B1: 0.09mg (5.87%), Calcium: 56.03mg (5.6%), Phosphorus: 56mg (5.6%), Iron: 0.99mg (5.52%), Copper: 0.11mg (5.27%), Vitamin B2: 0.09mg (5.13%), Vitamin B3: 0.58mg (2.92%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.25mg (2.48%), Selenium: 1.33µg (1.9%)