

Red Cabbage Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- 0.5 cup apple cider vinegar
- 2 small carrots grated
- 2 teaspoons celery seed
- 1 cup golden raisins
- 0.3 cup olive oil extra-virgin
- 0.5 head cabbage red cut into roughly 1 1/2-inch chunks
- 1 small onion red chopped
- 8 servings salt and pepper black freshly ground

2 tablespoons sugar

Equipment

bowl

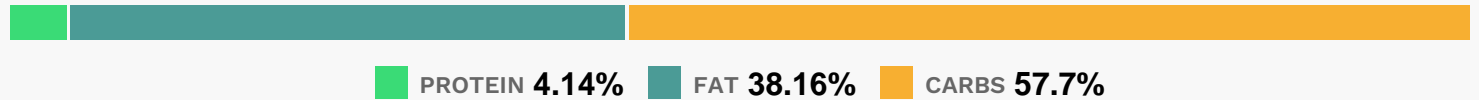
whisk

Directions

Watch how to make this recipe.

In a large bowl, whisk together vinegar and sugar until dissolved. Slowly whisk in oil, celery seed, salt and pepper to taste. Toss in cabbage, carrots, red onion and raisins to coat well. Cover and let sit at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:38.07, Glycemic Load:11.48, Inflammation Score:-9, Nutrition Score:9.4091305162596%

Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 3.89mg, Luteolin: 3.89mg, Luteolin: 3.89mg, Luteolin: 3.89mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 158.19kcal (7.91%), Fat: 7.1g (10.92%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 21.66g (7.88%), Sugar: 16.97g (18.86%), Cholesterol: 0mg (0%), Sodium: 27.24mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.47%), Vitamin A: 2674.53IU (53.49%), Vitamin C: 32.31mg (39.16%), Vitamin K: 26.6µg (25.33%), Manganese: 0.31mg (15.34%), Vitamin B6: 0.21mg (10.33%), Fiber: 2.49g (9.98%), Potassium: 342.07mg (9.77%), Vitamin E: 1.14mg (7.62%), Iron: 1.11mg (6.19%), Magnesium: 20.73mg (5.18%), Calcium: 50.91mg (5.09%), Vitamin B2: 0.08mg (4.94%), Phosphorus: 49.03mg (4.9%), Copper: 0.1mg (4.76%), Folate: 15.04µg (3.76%), Vitamin B1: 0.05mg (3.43%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.15mg (1.55%)