



Red Cabbage Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

Ingredients

- 0.5 cup canola oil
- 2 tablespoons cilantro leaves chopped
- 0.3 cup basil leaves fresh
- 2 cloves garlic coarsely chopped
- 1 tablespoon honey
- 0.3 cup juice of lime freshly squeezed
- 0.5 cup orange juice freshly squeezed
- 0.5 head cabbage shredded red finely

0.5 small onion red coarsely chopped

4 servings salt and pepper

Equipment

bowl

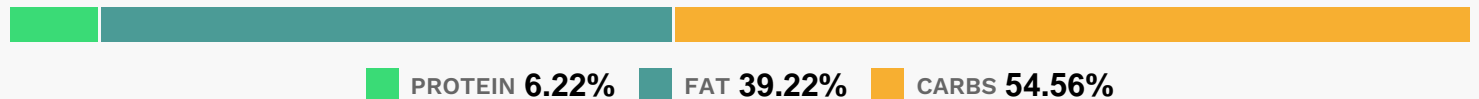
blender

Directions

Combine all ingredients, except cabbage, in a blender and blend until smooth. Season with salt and pepper, to taste.

Place cabbage in a large bowl and toss with the vinaigrette. Season with salt and pepper and let sit 30 minutes in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:73.82, Glycemic Load:6.1, Inflammation Score:-9, Nutrition Score:12.573043501895%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 123.83kcal (6.19%), Fat: 5.87g (9.03%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 15.75g (5.73%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 223.89mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Vitamin C: 81.65mg (98.97%), Vitamin K: 51.1µg (48.67%), Vitamin A: 1333IU (26.66%), Manganese: 0.33mg (16.37%), Vitamin B6: 0.28mg (13.82%), Potassium: 368.87mg

(10.54%), Fiber: 2.63g (10.52%), Folate: 33.6µg (8.4%), Vitamin E: 1.16mg (7.75%), Vitamin B1: 0.11mg (7.25%), Calcium: 61.82mg (6.18%), Magnesium: 24.27mg (6.07%), Iron: 1.04mg (5.8%), Vitamin B2: 0.09mg (5.46%), Phosphorus: 46.28mg (4.63%), Vitamin B3: 0.63mg (3.16%), Copper: 0.05mg (2.68%), Vitamin B5: 0.27mg (2.65%), Zinc: 0.32mg (2.16%), Selenium: 1.01µg (1.44%)