



Red Cabbage Slaw



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 3 carrots grated peeled
- ☐ 2 tablespoons dijon mustard
- ☐ 8 servings kosher salt
- ☐ 1 cup malt vinegar
- ☐ 1.5 cups mayonnaise
- ☐ 1 head purple cabbage shredded
- ☐ 1 onion red peeled very thinly sliced

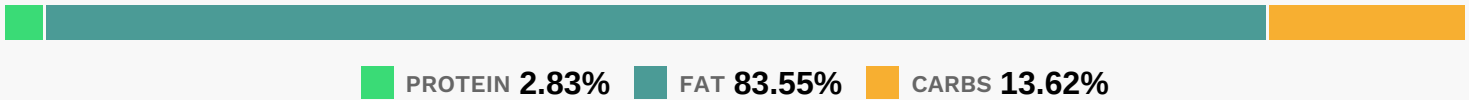
Equipment

☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the cabbage, carrots and onions in a large serving bowl. Douse the vegetables with the malt vinegar, season with salt and let sit for at least 1 hour. This will soften the cabbage and make it seem almost cooked but still with a great texture.
- ☐ Stir in the mayonnaise and the mustard. Taste for seasoning. The final outcome should be a creamy and tart slaw.
- ☐ Serve cold or at room temperature. Refrigerate leftovers.
- ☐ YAY! Coleslaw!

Nutrition Facts



Properties

Glycemic Index:29.73, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:17.472608644029%

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 Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 341.02kcal (17.05%), Fat: 31.78g (48.89%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 8.42g (3.06%), Sugar: 5.99g (6.65%), Cholesterol: 17.64mg (5.88%), Sodium: 547.03mg (23.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin K: 111.65µg (106.34%), Vitamin A: 5022.14IU (100.44%), Vitamin C: 62.16mg (75.35%), Manganese: 0.34mg (17.1%), Vitamin B6: 0.27mg (13.66%), Fiber: 3.24g (12.95%), Vitamin E: 1.66mg (11.07%), Potassium: 362.82mg (10.37%), Folate: 28.2µg (7.05%), Vitamin B1: 0.1mg (6.66%), Calcium: 65.66mg (6.57%), Iron: 1.1mg (6.09%), Vitamin B2: 0.1mg (5.87%), Magnesium: 23.44mg (5.86%), Phosphorus: 57.6mg (5.76%), Selenium: 3.12µg (4.46%), Vitamin B3: 0.7mg (3.5%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.4mg (2.66%), Copper: 0.05mg (2.32%)