



Ridiculously Easy Southwestern Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



43 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon agave nectar (or other sweetener)
- 0.5 medium cabbage
- 2 carrots
- 1 pepper flakes hot thinly sliced chopped
- 0.3 teaspoon cumin
- 1.5 tablespoons juice of lime
- 5 tablespoons salsa verde
- 6 servings salt to taste

2 tablespoons silken tofu

Equipment

food processor

bowl

whisk

blender

Directions

Remove and discard the core of the cabbage, and cut cabbage in half. Use a food processor fitted with a shredding disk to shred the cabbage and carrots.

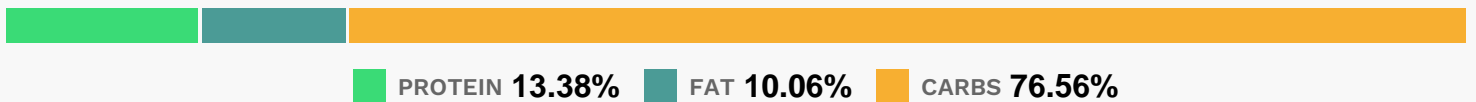
Place in a serving bowl along with the sliced chile pepper.

Whisk all remaining ingredients together until smooth. (If you're using silken tofu, you may need to blend it in a small blender or food processor.)

Add the dressing to the cabbage and mix well.

Add salt to taste. Cover and allow to marinate in the refrigerator for at least an hour. Check seasonings before serving and add more salsa, lime juice, cumin, or salt if necessary.

Nutrition Facts



Properties

Glycemic Index:25.97, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:11.274782577287%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 43.06kcal (2.15%), Fat: 0.52g (0.81%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.31g (5.9%), Cholesterol: 0mg (0%), Sodium: 318.48mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Vitamin A: 3628.71IU (72.57%), Vitamin K: 61.46µg (58.53%), Vitamin C: 41.45mg (50.24%), Fiber: 2.6g (10.42%), Folate: 38.76µg (9.69%), Manganese: 0.17mg (8.41%), Vitamin B6: 0.16mg (8.21%), Potassium: 259.74mg (7.42%), Vitamin B1: 0.07mg (4.83%), Calcium: 40.98mg (4.1%), Magnesium: 15.29mg (3.82%), Phosphorus: 34.02mg (3.4%), Iron: 0.6mg (3.31%), Vitamin B2: 0.05mg (3.1%), Vitamin B3: 0.5mg (2.5%), Vitamin B5: 0.24mg (2.36%), Copper: 0.05mg (2.27%), Vitamin E: 0.32mg (2.12%), Zinc: 0.24mg (1.58%)