



Santa Fe Slaw



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chipotles in adobo canned finely chopped
- ☐ 1 cup regular corn cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 cups cabbage shredded green
- ☐ 2 spring onion trimmed sliced
- ☐ 8 oz jicama shredded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup mayonnaise

- ☐ 6 servings salt
- ☐ 0.3 cup cream sour
- ☐ 2 cups pkt spinach
- ☐ 1 cup tomatoes finely chopped

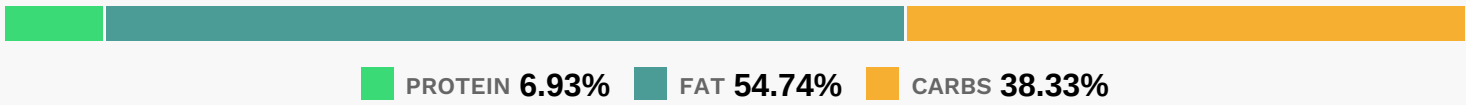
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine cabbage, spinach, jicama, green onions, corn, tomatoes, and cilantro.
- ☐ In a small bowl, whisk together mayonnaise, sour cream, chiles, and lime juice.
- ☐ Pour dressing over slaw mixture and stir until combined. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:3.94, Inflammation Score:-8, Nutrition Score:12.87652165961%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 145.9kcal (7.29%), Fat: 9.41g (14.48%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 10.03g (3.65%), Sugar: 4.93g (5.48%), Cholesterol: 9.57mg (3.19%), Sodium: 276.43mg (12.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin K: 111.68µg (106.36%), Vitamin C: 34.86mg (42.25%), Vitamin A: 1419.12IU (28.38%), Fiber: 4.8g (19.18%), Folate: 58.15µg (14.54%), Manganese: 0.27mg (13.53%), Potassium: 340.89mg (9.74%), Vitamin B6: 0.16mg (7.94%), Magnesium: 29.87mg (7.47%), Vitamin E: 1mg

(6.64%), Iron: 1.12mg (6.24%), Phosphorus: 61.3mg (6.13%), Vitamin B1: 0.08mg (5.58%), Vitamin B2: 0.09mg (5.34%), Calcium: 50.93mg (5.09%), Vitamin B5: 0.44mg (4.43%), Vitamin B3: 0.88mg (4.41%), Copper: 0.08mg (3.85%), Zinc: 0.47mg (3.12%), Selenium: 1.16µg (1.66%)