



Sassy Freezer Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



158 kcal

SIDE DISH

Ingredients

- 1 cup apple cider vinegar
- 2 pounds cabbage shredded
- 2 large carrots shredded
- 1 teaspoon celery seed
- 1 teaspoon mustard dry
- 1 tablespoon salt
- 0.3 cup water
- 2 cups sugar white

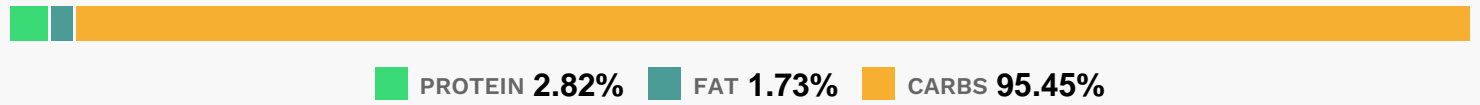
Equipment

- sauce pan
- whisk
- colander

Directions

- Mix shredded cabbage and salt together in a colander; drain for 1 hour. Squeeze moisture from cabbage. Stir carrots into cabbage and divide cabbage mixture between pint containers.
- Whisk sugar, vinegar, water, celery seed, and dry mustard together in saucepan over medium high heat; bring to a boil for 1 minute. Cool.
- Pour cooled vinegar dressing mixture over cabbage mixture, cover containers, and freeze. Thaw before serving.

Nutrition Facts



Properties

Glycemic Index:16.74, Glycemic Load:24.82, Inflammation Score:-8, Nutrition Score:8.6730436760446%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 157.84kcal (7.89%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 36.77g (13.37%), Sugar: 36.35g (40.39%), Cholesterol: 0mg (0%), Sodium: 605.12mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Vitamin K: 59.05µg (56.24%), Vitamin A: 2078.95IU (41.58%), Vitamin C: 28.42mg (34.45%), Manganese: 0.21mg (10.36%), Fiber: 2.27g (9.06%), Folate: 35.07µg (8.77%), Vitamin B6: 0.11mg (5.62%), Potassium: 185.81mg (5.31%), Calcium: 39.82mg (3.98%), Vitamin B1: 0.06mg (3.73%), Magnesium: 12.92mg (3.23%), Iron: 0.54mg (3.02%), Phosphorus: 27.74mg (2.77%), Vitamin B2: 0.04mg (2.61%), Vitamin B5: 0.19mg (1.94%), Vitamin B3: 0.31mg (1.54%), Copper: 0.03mg (1.41%), Vitamin E: 0.2mg (1.35%), Zinc: 0.2mg (1.33%), Selenium: 0.83µg (1.18%)