



Shredded Apple Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 3 cups cabbage shredded finely
- ☐ 1 tablespoon cider vinegar
- ☐ 8 ounce apples i use 2 granny smith apples unpeeled
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoons sugar

Equipment

- ☐ bowl

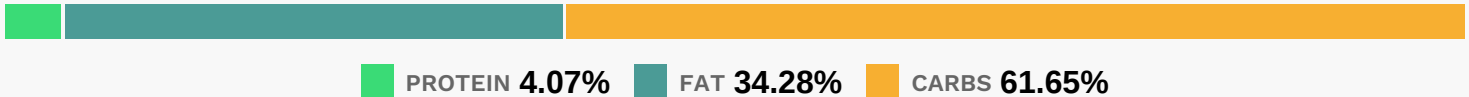
☐

whisk

Directions

- ☐ Combine first 4 ingredients in a small bowl, and stir until smooth with a whisk. Set aside.
- ☐ Shred apple.
- ☐ Combine shredded apple and cabbage in a large bowl; add mayonnaise mixture, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:3.54, Inflammation Score:-3, Nutrition Score:5.6069564456525%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg 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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 80.57kcal (4.03%), Fat: 3.26g (5.02%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 10.52g (3.83%), Sugar: 9.09g (10.1%), Cholesterol: 2.24mg (0.75%), Sodium: 271.34mg (11.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin K: 48.67µg (46.35%), Vitamin C: 21.82mg (26.45%), Fiber: 2.67g (10.69%), Folate: 24.84µg (6.21%), Manganese: 0.11mg (5.73%), Potassium: 157.05mg (4.49%), Vitamin B6: 0.09mg (4.43%), Vitamin E: 0.49mg (3.25%), Vitamin B1: 0.04mg (2.85%), Calcium: 25.6mg (2.56%), Magnesium: 9.61mg (2.4%), Phosphorus: 22.29mg (2.23%), Vitamin B2: 0.04mg (2.11%), Iron: 0.34mg (1.91%), Vitamin A: 91.87IU (1.84%), Vitamin B5: 0.15mg (1.54%), Copper: 0.03mg (1.42%)