



Slaw with Feta Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce feta cheese crumbled
- ☐ 1 garlic clove pressed
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 teaspoons pepper freshly ground
- ☐ 1 medium head cabbage shredded red
- ☐ 1.5 teaspoons salt
- ☐ 0.7 cup vegetable oil
- ☐ 0.3 cup water

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0.3 cup vinegar white

Equipment

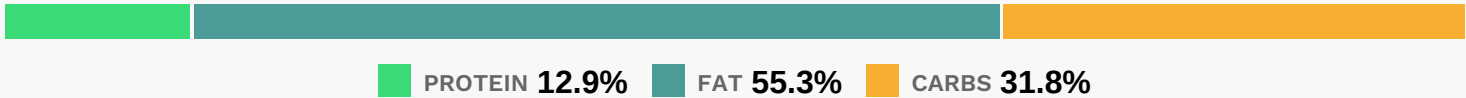
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whisk

Directions

- ☐ Whisk together first 7 ingredients; pour dressing over cabbage. Toss gently.
- ☐ Sprinkle with feta cheese.

Nutrition Facts



Properties

Glycemic Index:12.57, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:6.7839131160923%

Flavonoids

Cyanidin: 125.75mg, Cyanidin: 125.75mg, Cyanidin: 125.75mg, Cyanidin: 125.75mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 60.63kcal (3.03%), Fat: 3.93g (6.05%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.31g (2.56%), Cholesterol: 7.21mg (2.4%), Sodium: 358.11mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin C: 34.23mg (41.49%), Vitamin K: 28.22µg (26.87%), Vitamin A: 707IU (14.14%), Manganese: 0.2mg (9.91%), Vitamin B6: 0.16mg (8.23%), Calcium: 71.39mg (7.14%), Vitamin B2: 0.11mg (6.54%), Fiber: 1.4g (5.58%), Phosphorus: 46.45mg (4.64%), Potassium: 157.25mg (4.49%), Vitamin B1: 0.05mg (3.45%), Iron: 0.62mg (3.44%), Folate: 13.77µg (3.44%), Magnesium: 12.15mg (3.04%), Zinc: 0.38mg (2.51%), Selenium: 1.65µg (2.36%), Vitamin B12: 0.14µg (2.28%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.17mg (1.73%), Vitamin B3: 0.34mg (1.71%)