



Smoky Cabbage Slaw

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- 1 tablespoon canola oil
- 16 ounce cabbage-and-carrot coleslaw
- 1 teaspoon celery seeds
- 1 slice bacon crumbled cooked drained ()
- 2.5 teaspoons mustard dry
- 0.5 cup bell pepper diced red
- 0.5 cup seasoned rice wine vinegar
- 0.3 cup sugar

0.5 cup oso sweet chopped

Equipment

bowl

sauce pan

Directions

Combine onion, bell pepper, slaw, and bacon in a large bowl.

Combine vinegar and the remaining ingredients in a small saucepan. Bring to a boil; cook 1 minute, stirring frequently.

Pour over cabbage mixture; toss gently.

Serve immediately.

Nutrition Facts


PROTEIN 6.13% **FAT 28.58%** **CARBS 65.29%**

Properties

Glycemic Index:33.15, Glycemic Load:8.38, Inflammation Score:-10, Nutrition Score:10.040434817581%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 2.7mg, Luteolin: 2.7mg, Luteolin: 2.7mg, Luteolin: 2.7mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 106.81kcal (5.34%), Fat: 3.44g (5.3%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 15.06g (5.48%), Sugar: 13.16g (14.62%), Cholesterol: 1.32mg (0.44%), Sodium: 77.28mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 13019.35IU (260.39%), Vitamin C: 21.11mg (25.59%), Vitamin K: 12.34µg (11.75%), Fiber: 2.64g (10.55%), Manganese: 0.19mg (9.5%), Potassium: 302.04mg (8.63%), Vitamin B6: 0.17mg (8.56%), Vitamin E: 1.16mg (7.72%), Folate: 24.53µg (6.13%), Vitamin B3: 1.07mg (5.36%), Vitamin B1: 0.08mg (5.16%), Phosphorus: 48.03mg (4.8%), Magnesium: 16.94mg (4.23%), Selenium: 2.76µg (3.94%), Vitamin B2: 0.06mg (3.82%), Calcium: 38.1mg (3.81%), Iron: 0.56mg (3.14%), Copper: 0.06mg (2.84%), Vitamin B5: 0.28mg (2.8%), Zinc: 0.35mg (2.32%)