



Snap Pea and Cabbage Slaw



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 teaspoon honey
- ☐ 4 servings pepper freshly ground
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 small cabbage red thinly sliced
- ☐ 8 ounces sugar snap peas thinly sliced

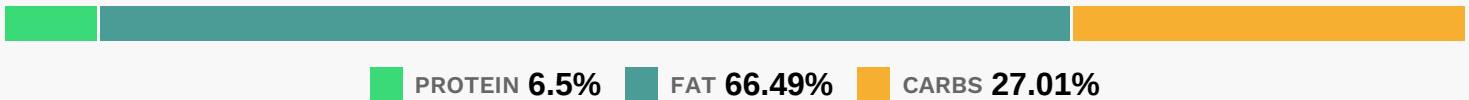
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk oil, lemon juice, and honey in a large bowl; season with salt and pepper.
- ☐ Add cabbage, snap peas, parsley, and mint and toss to combine.
- ☐ DO AHEAD: Vegetables can be cut and dressing can be made 8 hours ahead. Cover and chill separately. Toss vegetables and dressing together just before serving.
- ☐ Per serving: 140 calories, 11 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:37.07, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:13.706521684709%

Flavonoids

Cyanidin: 74.36mg, Cyanidin: 74.36mg, Cyanidin: 74.36mg, Cyanidin: 74.36mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg, Apigenin: 8.26mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 138.98kcal (6.95%), Fat: 10.76g (16.55%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 7.2g (2.62%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 15.22mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Vitamin K: 95.7µg (91.14%), Vitamin C: 64.46mg (78.14%), Vitamin A: 1448.4IU (28.97%), Manganese: 0.28mg (13.95%), Vitamin E: 1.82mg (12.12%), Iron: 1.92mg (10.68%), Fiber: 2.63g (10.52%), Folate: 41.4µg (10.35%), Vitamin B6: 0.18mg (8.88%), Vitamin B1: 0.12mg (7.74%), Potassium:

250.22mg (7.15%), Magnesium: 24.28mg (6.07%), Calcium: 53.66mg (5.37%), Vitamin B5: 0.52mg (5.19%), Vitamin B2: 0.08mg (4.91%), Phosphorus: 46.04mg (4.6%), Copper: 0.07mg (3.47%), Vitamin B3: 0.6mg (2.99%), Zinc: 0.31mg (2.09%)