



WHATSheATE



South Carolina Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 lb cabbage thinly sliced
- ☐ 1 cup carrots grated
- ☐ 1 teaspoon celery seeds
- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons mustard dry
- ☐ 1 teaspoon kosher salt

- ☐ 0.3 cup sugar
- ☐ 0.3 cup vegetable oil

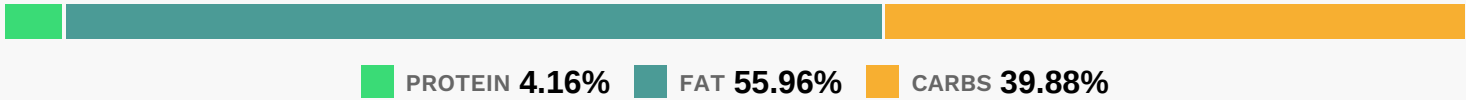
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place cabbage and carrot in a bowl.
- ☐ Whisk together vinegar, sugar, vegetable oil, Dijon mustard, dry mustard, celery seeds, kosher salt, and freshly ground black pepper in a saucepan until sugar dissolves; bring to a boil over medium-high heat.
- ☐ Pour over cabbage mixture; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.66, Glycemic Load:3.08, Inflammation Score:-7, Nutrition Score:4.8234782011613%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 60.95kcal (3.05%), Fat: 3.89g (5.99%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 5.1g (1.85%), Sugar: 4.78g (5.31%), Cholesterol: 0mg (0%), Sodium: 189.06mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin K: 30.94µg (29.47%), Vitamin A: 1457.15IU (29.14%), Vitamin C: 11.62mg (14.09%), Manganese: 0.11mg (5.72%), Fiber: 1.15g (4.58%), Folate: 15.22µg (3.81%), Vitamin E: 0.42mg (2.81%), Vitamin B6: 0.05mg (2.65%), Potassium: 92.35mg (2.64%), Vitamin B1: 0.03mg (2.04%), Calcium: 20.22mg (2.02%), Selenium: 1.38µg (1.97%), Magnesium: 7.7mg (1.93%), Iron: 0.31mg (1.72%), Phosphorus: 16.69mg

(1.67%), Vitamin B2: 0.02mg (1.19%)