



Southwest-Style Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 medium size bell pepper green chopped
- ☐ 2 cups cabbage shredded green finely
- ☐ 1 jalapeno seeded chopped
- ☐ 0.5 medium jicama peeled cut into thin strips
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 medium onion chopped
- ☐ 0.1 teaspoon pepper

- ☐ 2 cups cabbage shredded red finely
- ☐ 1.3 teaspoons salt
- ☐ 0.3 cup vegetable oil

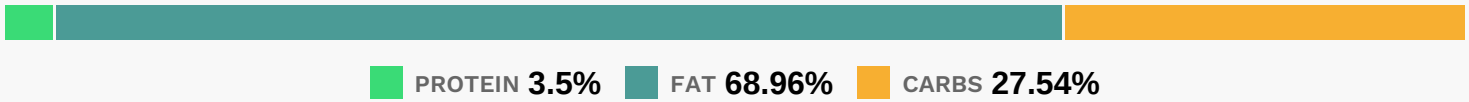
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients in a large bowl.
- ☐ Add green and red shredded cabbage and remaining ingredients to bowl, and toss to coat. Cover and chill 4 hours.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:9.380869684012%

Flavonoids

Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 152.91kcal (7.65%), Fat: 12.28g (18.89%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 6.66g (2.42%), Sugar: 3.83g (4.25%), Cholesterol: 0mg (0%), Sodium: 500.2mg (21.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin C: 52.18mg (63.24%), Vitamin K: 54.92µg (52.31%), Fiber: 4.37g (17.48%), Vitamin E: 1.48mg (9.86%), Vitamin A: 479.44IU (9.59%), Manganese: 0.18mg (9.02%), Vitamin

B6: 0.16mg (8.16%), Potassium: 250.51mg (7.16%), Folate: 27.09µg (6.77%), Magnesium: 17.73mg (4.43%), Iron: 0.77mg (4.28%), Vitamin B1: 0.06mg (3.92%), Calcium: 35.47mg (3.55%), Vitamin B2: 0.06mg (3.28%), Phosphorus: 32.37mg (3.24%), Copper: 0.05mg (2.65%), Vitamin B5: 0.22mg (2.17%), Vitamin B3: 0.4mg (2.02%), Zinc: 0.24mg (1.62%), Selenium: 0.71µg (1.01%)