



Spicy Grapefruit Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



94 kcal

SIDE DISH

Ingredients

- 1 teaspoon agave nectar (or other liquid sweetener)
- 4 cups cabbage shredded
- 1.5 teaspoons seasoned rice vinegar to taste (or try seasoned rice vinegar and salt)
- 1 ruby grapefruit red peeled cut into bite-sized pieces
- 1 tablespoon red wine vinegar
- 1 teaspoon sesame oil
- 2 tablespoons walnuts
- 0.5 teaspoon wasabi paste prepared to taste (or)

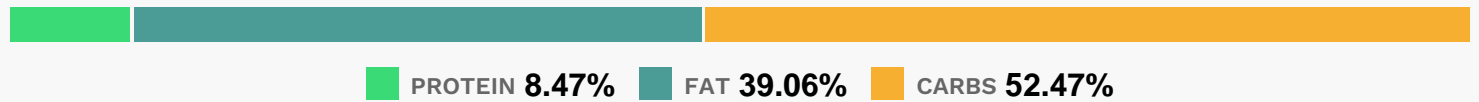
Equipment

mixing bowl

Directions

- Put the coleslaw and grapefruit into a mixing bowl.
- Mix the remaining ingredients in a cup and pour over the coleslaw.
- Mix well. For best taste, allow to marinate for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.77, Inflammation Score:-7, Nutrition Score:9.4947825903478%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 94.35kcal (4.72%), Fat: 4.43g (6.82%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 10.27g (3.73%), Sugar: 8.31g (9.23%), Cholesterol: 0mg (0%), Sodium: 13.24mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Vitamin C: 45.58mg (55.25%), Vitamin K: 54.03µg (51.46%), Vitamin A: 777.07IU (15.54%), Manganese: 0.3mg (15.08%), Fiber: 3.12g (12.49%), Folate: 43.86µg (10.96%), Vitamin B6: 0.15mg (7.69%), Potassium: 229.23mg (6.55%), Vitamin B1: 0.09mg (6%), Copper: 0.11mg (5.71%), Magnesium: 22.46mg (5.61%), Calcium: 47.59mg (4.76%), Phosphorus: 47.47mg (4.75%), Vitamin B2: 0.06mg (3.49%), Vitamin B5: 0.34mg (3.39%), Iron: 0.55mg (3.05%), Zinc: 0.34mg (2.23%), Vitamin B3: 0.37mg (1.84%), Vitamin E: 0.26mg (1.72%)