



Spicy Mexican Cabbage Slaw



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup salad dressing
- ☐ 1 chipotles in adobo chopped
- ☐ 1 tablespoon juice of lime
- ☐ 2 teaspoons sugar
- ☐ 0.3 teaspoon ground cumin
- ☐ 3 cups coleslaw mix (from 16-oz bag)
- ☐ 1 chayote squashes unpeeled cut into 2x1/8x1/8-inch strips (1 1/2 cups)
- ☐ 0.5 cup bell pepper red (matchstick-cut) (2x)

- ☐ 0.3 cup beef ribs red very thin
- ☐ 0.3 cup cilantro leaves fresh chopped

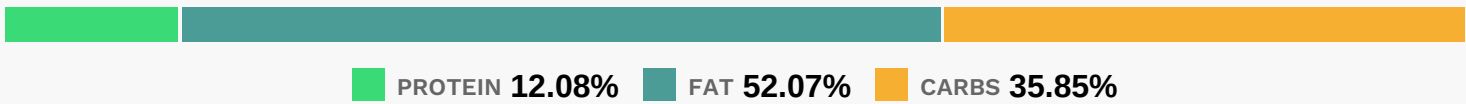
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix dressing ingredients.
- ☐ In large bowl, mix salad ingredients.
- ☐ Add dressing; toss to coat. Cover and refrigerate at least 1 hour before serving to blend flavors.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:1.2, Inflammation Score:-4, Nutrition Score:5.501304289569%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 66.08kcal (3.3%), Fat: 3.95g (6.08%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 4.77g (1.73%), Sugar: 4.25g (4.72%), Cholesterol: 4.36mg (1.45%), Sodium: 156.48mg (6.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin K: 30.87µg (29.4%), Vitamin C: 23.56mg (28.56%), Folate: 31.86µg (7.97%), Vitamin A: 358.15IU (7.16%), Vitamin B6: 0.11mg (5.61%), Fiber: 1.35g (5.39%), Manganese: 0.09mg (4.69%), Vitamin B12: 0.25µg (4.18%), Zinc: 0.56mg (3.76%), Potassium: 129.57mg (3.7%), Vitamin E: 0.55mg (3.64%), Phosphorus: 29.28mg (2.93%), Iron: 0.51mg (2.86%), Vitamin B3: 0.51mg (2.56%), Vitamin B1: 0.04mg (2.42%), Magnesium: 9.12mg (2.28%), Selenium: 1.5µg (2.14%), Vitamin B2: 0.04mg (2.12%), Copper: 0.04mg (1.85%), Calcium: 17.65mg (1.76%), Vitamin B5: 0.16mg (1.55%)