



Spicy Peach Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup mayonnaise
- ☐ 2 peaches fresh pitted chopped
- ☐ 1 tablespoon asian chile pepper sauce (such as sambal oelek)
- ☐ 2 tablespoons rice vinegar
- ☐ 6 servings salt to taste

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon sugar white

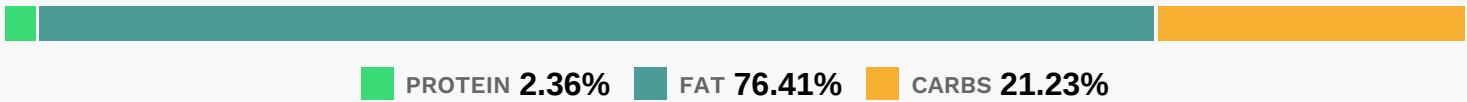
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk mayonnaise, Dijon mustard, Asian chile sauce, lemon juice, rice vinegar, vegetable oil, and sugar in a bowl until dressing is smooth. Season with salt and cayenne pepper.
- ☐ Place cabbage into a large bowl; add peaches and 1 tablespoon chives. Lightly toss until combined.
- ☐ Pour dressing over coleslaw and stir until coated.
- ☐ Cover coleslaw with plastic wrap and chill until flavors have developed and cabbage is slightly softened, about 30 minutes. Adjust seasoning, mix again, and sprinkle with 1 teaspoon chives before serving.

Nutrition Facts



Properties

Glycemic Index:53.22, Glycemic Load:2.08, Inflammation Score:-2, Nutrition Score:2.8313043321604%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 109.11kcal (5.46%), Fat: 9.45g (14.53%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.05g (1.84%), Sugar: 4.8g (5.33%), Cholesterol: 3.92mg (1.31%), Sodium: 273.67mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.31%), Vitamin K: 21.26µg (20.25%), Vitamin C: 6.63mg (8.03%), Vitamin E: 0.89mg (5.91%), Vitamin A: 200.84IU (4.02%), Fiber: 0.85g (3.41%), Selenium: 1.74µg (2.48%), Copper: 0.05mg (2.29%), Manganese: 0.05mg (2.26%), Vitamin B3: 0.44mg (2.22%), Potassium: 75.86mg (2.17%), Phosphorus: 15.85mg (1.58%), Vitamin B6: 0.03mg (1.42%), Magnesium: 5.5mg (1.38%), Iron: 0.24mg (1.35%), Vitamin B2: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.18%), Folate: 4.65µg (1.16%), Vitamin B5: 0.1mg (1.05%)