



Spicy Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground to taste
- ☐ 4 pounds cabbages such as mixed green red thinly sliced
- ☐ 3 cups cherry tomatoes halved
- ☐ 0.5 cup cider vinegar
- ☐ 3 cucumbers diced peeled seeded
- ☐ 2 teaspoons kosher salt to taste
- ☐ 1.5 cups mayonnaise
- ☐ 1 small bell pepper red cut into thin strips

- ☐ 0.3 cup sugar to taste
- ☐ 1 large onion sweet thinly sliced
- ☐ 1 tablespoon tabasco to taste
- ☐ 1 small bell pepper yellow cut into thin strips

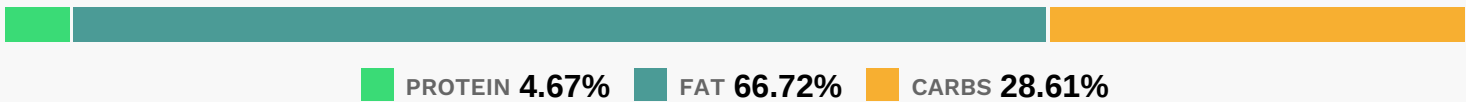
Equipment

- ☐ whisk

Directions

- ☐ Whisk together mayonnaise, vinegar, sugar, Tabasco, salt, and pepper until sugar is dissolved, then toss with vegetables.

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:6.44, Inflammation Score:-7, Nutrition Score:16.972608688085%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 279.81kcal (13.99%), Fat: 21.33g (32.82%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 15.56g (5.66%), Sugar: 14.2g (15.78%), Cholesterol: 11.76mg (3.92%), Sodium: 629.97mg (27.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin K: 167.54µg (159.56%), Vitamin C: 87.57mg (106.15%), Folate: 92.62µg (23.16%), Manganese: 0.41mg (20.5%), Fiber: 5.02g (20.09%), Vitamin B6: 0.32mg (16.18%), Potassium: 514.88mg (14.71%), Vitamin A: 610.42IU (12.21%), Vitamin B1: 0.15mg (9.9%), Vitamin E: 1.48mg (9.88%), Magnesium: 35.44mg (8.86%), Calcium: 85.39mg (8.54%), Phosphorus: 82.95mg (8.29%), Iron: 1.35mg (7.52%), Copper: 0.14mg (7.06%), Vitamin B5: 0.66mg (6.56%), Vitamin B2: 0.11mg (6.3%), Zinc: 0.56mg (3.76%), Vitamin B3: 0.74mg (3.68%), Selenium: 1.57µg (2.24%)