



Spicy-Sweet Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 4 cups d cabbage-and-carrot coleslaw
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons horseradish prepared
- ☐ 1 teaspoon pepper
- ☐ 1.3 cups bell pepper red cut into 2-inch strips (1 pepper)

- ☐ 1 teaspoon salt
- ☐ 0.5 cup diagonally cut scallions

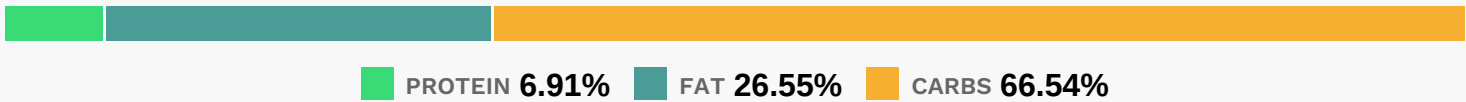
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, toss the cabbage-and-carrot coleslaw, red bell pepper, scallions, and grape tomatoes together. Set aside.
- ☐ Combine the horseradish and next four ingredients (through salt) in a small jar and shake until blended.
- ☐ Remove the lid and add the canola oil. Shake again. Or whisk the ingredients together in a small bowl.
- ☐ Pour dressing over the salad and toss to coat vegetables.
- ☐ Serve immediately, or refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:13.784782552201%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 85.22kcal (4.26%), Fat: 2.72g (4.18%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 11.65g (4.24%), Sugar: 9.45g (10.5%), Cholesterol: 0mg (0%), Sodium: 473.1mg (20.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin A: 15434.14IU (308.68%), Vitamin C: 53.26mg (64.56%), Vitamin K: 33µg (31.43%), Fiber: 3.69g (14.75%), Manganese: 0.25mg (12.75%), Potassium: 436.16mg (12.46%), Vitamin B6: 0.24mg (11.91%), Vitamin E: 1.65mg (11.01%), Folate: 42.03µg (10.51%), Vitamin B3: 1.35mg

(6.73%), Vitamin B1: 0.09mg (5.82%), Vitamin B2: 0.09mg (5.36%), Phosphorus: 50.39mg (5.04%), Magnesium: 19.99mg (5%), Calcium: 43.97mg (4.4%), Iron: 0.76mg (4.21%), Copper: 0.08mg (3.92%), Vitamin B5: 0.38mg (3.81%), Zinc: 0.4mg (2.7%)