



 **99%**
HEALTH SCORE

Summer Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 small head cabbage shredded
- 2 carrots shredded
- 2 tablespoons hazelnuts toasted chopped
- 0.5 juice of lemon
- 3 tablespoons olive oil extra-virgin
- 2 tablespoons parsley chopped
- 1 tablespoon poppy seeds

- 1 cup radishes thinly sliced
- 0.3 teaspoon salt
- 6 scallions thinly sliced
- 1 cup snow peas thinly sliced

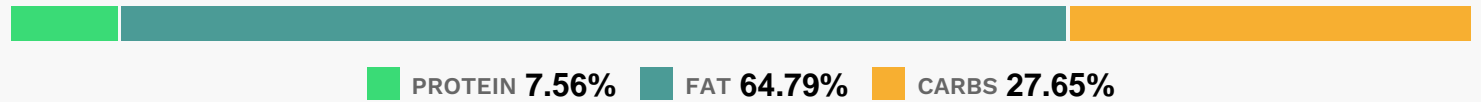
Equipment

- bowl
- whisk

Directions

- In serving bowl, combine cabbage, carrots, snow peas, radishes, scallions, hazelnuts, parsley, and poppy seeds.
- In a small bowl, whisk together lemon juice, oil, salt, and pepper; toss with slaw.

Nutrition Facts



Properties

Glycemic Index:59.71, Glycemic Load:2.8, Inflammation Score:-10, Nutrition Score:21.424347825672%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 193.4kcal (9.67%), Fat: 14.78g (22.74%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 14.19g (4.73%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.64g (7.37%), Cholesterol: 0mg (0%), Sodium: 199.6mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin K: 155.65µg (148.24%), Vitamin A: 5800.99IU (116.02%), Vitamin C: 61.29mg (74.29%), Manganese: 0.77mg (38.73%), Fiber: 5.69g (22.75%), Folate: 84.54µg (21.13%), Vitamin E: 2.85mg (19.02%), Potassium: 482.49mg (13.79%), Vitamin B6: 0.26mg (13.06%), Vitamin B1: 0.18mg (11.92%), Calcium: 118.3mg (11.83%), Iron: 2.04mg (11.33%), Magnesium: 44.15mg (11.04%), Copper: 0.21mg (10.37%), Phosphorus: 95.06mg (9.51%), Vitamin B2: 0.11mg (6.43%), Vitamin B5: 0.59mg (5.85%), Zinc: 0.78mg (5.18%), Vitamin B3: 0.96mg (4.83%), Selenium: 1.19µg (1.7%)