

Summer Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots peeled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 small head cabbage green
- ☐ 0.3 cup milk low-fat
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 small head cabbage red
- ☐ 2 tablespoons vinegar white

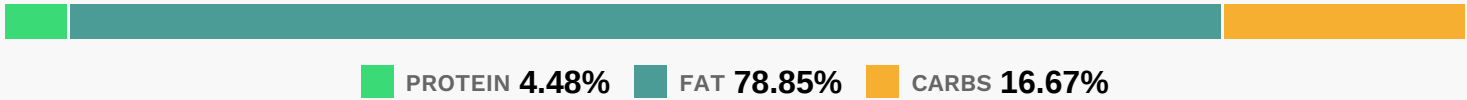
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cut the cabbages into quarters and discard the cores. Finely shred the cabbages and carrots.
- ☐ In a large bowl, whisk together the remaining ingredients.
- ☐ Add the shredded cabbages and carrots and toss to combine well. Season to taste with salt and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:50.97, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:18.583043487176%

Flavonoids

Cyanidin: 118.97mg, Cyanidin: 118.97mg, Cyanidin: 118.97mg, Cyanidin: 118.97mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 312.5kcal (15.62%), Fat: 27.93g (42.97%), Saturated Fat: 5.56g (34.78%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 9.53g (3.47%), Sugar: 6.47g (7.19%), Cholesterol: 22.75mg (7.58%), Sodium: 283.86mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin K: 183.24µg (174.51%), Vitamin A: 5152.14IU (103.04%), Vitamin C: 64.09mg (77.68%), Fiber: 3.76g (15.03%), Manganese: 0.3mg (14.9%), Folate: 54.55µg (13.64%), Vitamin B6: 0.26mg (12.89%), Potassium: 428.23mg (12.24%), Calcium: 116.64mg (11.66%), Vitamin E: 1.53mg (10.18%), Phosphorus: 81.65mg (8.16%), Vitamin B2: 0.14mg (7.96%), Vitamin B1: 0.12mg (7.85%), Magnesium: 26.18mg (6.55%), Iron: 1.14mg (6.32%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.56mg (3.74%), Vitamin B3: 0.71mg (3.56%), Vitamin B12: 0.21µg (3.48%), Selenium: 2.35µg (3.35%), Copper: 0.05mg (2.46%), Vitamin D: 0.24µg (1.62%)