



Susan's Vinaigrette Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 3 tablespoons canola oil
- ☐ 2 carrots shredded
- ☐ 0.3 teaspoon mustard dry
- ☐ 4 cups cabbage shredded green
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon poppy seeds
- ☐ 0.3 teaspoon salt

☐ 3 tablespoons sugar white

Equipment

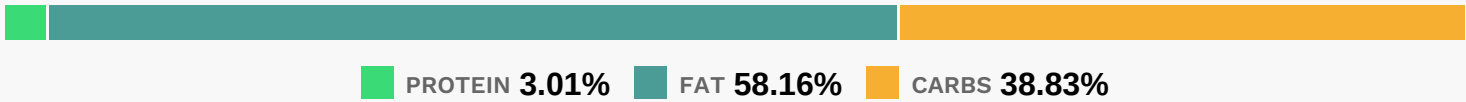
☐ bowl

☐ whisk

Directions

- ☐ Whisk apple cider vinegar, canola oil, sugar, dry mustard, poppy seeds, black pepper, salt, and hot pepper sauce in a bowl, stirring until sugar has dissolved.
- ☐ Mix cabbage with carrots in a large salad bowl and pour dressing over slaw. Stir to coat. Refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:39.65, Glycemic Load:5.55, Inflammation Score:-9, Nutrition Score:8.2956522729086%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 107.85kcal (5.39%), Fat: 7.2g (11.08%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 9.02g (3.28%), Sugar: 8.49g (9.43%), Cholesterol: 0mg (0%), Sodium: 119.82mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin A: 3443.1IU (68.86%), Vitamin K: 43.28µg (41.22%), Vitamin C: 18.29mg (22.17%), Vitamin E: 1.44mg (9.58%), Manganese: 0.14mg (7.2%), Fiber: 1.79g (7.17%), Folate: 24.18µg (6.05%), Potassium: 152.64mg (4.36%), Vitamin B6: 0.09mg (4.34%), Vitamin B1: 0.04mg (2.91%), Calcium: 28.41mg (2.84%), Magnesium: 9.3mg (2.33%), Phosphorus: 21.76mg (2.18%), Vitamin B2: 0.03mg (1.89%), Iron: 0.33mg (1.82%), Vitamin B3: 0.32mg (1.58%), Vitamin B5: 0.16mg (1.57%), Copper: 0.02mg (1.14%), Zinc: 0.15mg (1.02%)