



## Sweet and-Sour Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

### Ingredients

- 4 cups cabbage shredded green finely
- 1 cup carrots shredded finely
- 1 cup bell pepper green chopped
- 0.3 cup spring onion thinly sliced
- 0.5 cup sugar
- 0.5 cup citrus champagne vinegar
- 0.3 cup vegetable oil
- 1 teaspoon ground mustard

0.5 teaspoon celery seed

0.5 teaspoon salt

## Equipment

bowl

slotted spoon

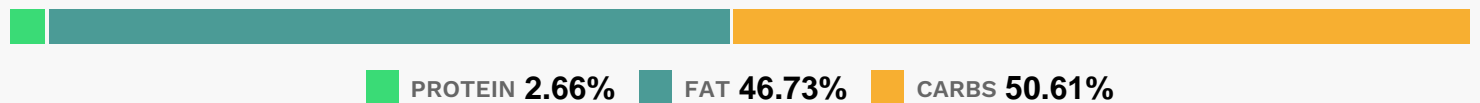
## Directions

In large glass or plastic bowl, place cabbage, carrot, bell pepper and onions. In tightly covered container, shake remaining ingredients.

Pour over vegetables; stir.

Cover; refrigerate at least 3 hours, stirring several times, until chilled and flavors are blended. Stir before serving; serve with slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:25.37, Glycemic Load:9.84, Inflammation Score:-9, Nutrition Score:8.5226086067117%

## Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

## Nutrients (% of daily need)

Calories: 132.98kcal (6.65%), Fat: 7.09g (10.9%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 15.5g (5.64%), Sugar: 14.89g (16.55%), Cholesterol: 0mg (0%), Sodium: 165.29mg (7.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin A: 2807.47IU (56.15%), Vitamin K: 49.1µg (46.76%), Vitamin C: 29.43mg (35.67%), Fiber: 1.77g (7.06%), Manganese: 0.13mg (6.5%), Folate: 22.37µg (5.59%), Vitamin B6: 0.11mg (5.56%), Vitamin E: 0.82mg (5.44%), Potassium: 161.62mg (4.62%), Vitamin B1: 0.05mg (3.11%), Calcium: 27.38mg (2.74%), Magnesium: 10.68mg (2.67%), Iron: 0.48mg (2.65%), Phosphorus: 23.53mg (2.35%), Vitamin B2: 0.03mg (2.02%), Vitamin B3: 0.36mg (1.8%), Copper: 0.03mg (1.73%), Vitamin B5: 0.14mg (1.41%), Zinc: 0.17mg (1.12%), Selenium: 0.75µg (1.07%)