



Sweet and Sour Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces carrots
- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ bowl

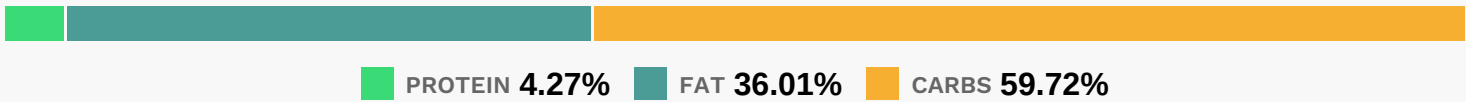
☐

whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring with a whisk until sugar dissolves.
- ☐ Add coleslaw and onions to vinegar mixture; toss to combine.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:47.23, Glycemic Load:4.03, Inflammation Score:-10, Nutrition Score:7.8426086773043%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 59.05kcal (2.95%), Fat: 2.41g (3.7%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 186.06mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin A: 9534.46IU (190.69%), Vitamin K: 24.56µg (23.39%), Fiber: 1.75g (7%), Manganese: 0.12mg (5.98%), Potassium: 206.99mg (5.91%), Vitamin C: 4.52mg (5.48%), Vitamin B6: 0.08mg (4.1%), Vitamin E: 0.59mg (3.95%), Folate: 14.77µg (3.69%), Vitamin B3: 0.59mg (2.95%), Vitamin B1: 0.04mg (2.72%), Calcium: 24.12mg (2.41%), Phosphorus: 23.06mg (2.31%), Vitamin B2: 0.04mg (2.26%), Magnesium: 8.62mg (2.16%), Iron: 0.29mg (1.6%), Copper: 0.03mg (1.6%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.17mg (1.1%)