



Sweet and Sour Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 8 cups cabbage shredded
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon celery seed
- ☐ 0.5 cup cider vinegar
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 teaspoon mustard seed
- ☐ 1 tablespoon pimento pepper chopped
- ☐ 1 teaspoon salt

- ☐ 0.3 cup water cold
- ☐ 0.5 cup sugar white

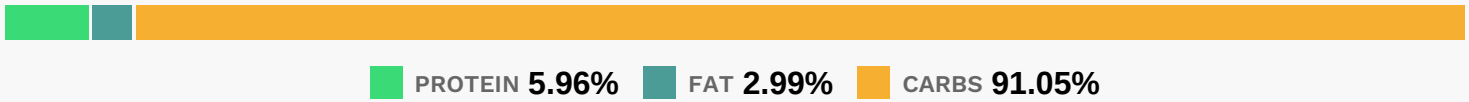
Equipment

- ☐ bowl

Directions

- ☐ In a jar with lid, combine the sugar, vinegar, water, salt, mustard seed and celery seed. Cover tightly and shake vigorously until sugar is dissolved. Chill dressing for several hours or overnight.
- ☐ In a large bowl, toss together the cabbage, celery, green peppers, pimento and dressing until evenly coated. Cover and chill until serving.

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:13.26, Inflammation Score:-4, Nutrition Score:9.6665217772774%

Flavonoids

Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 99.78kcal (4.99%), Fat: 0.35g (0.53%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 20.82g (7.57%), Sugar: 20.13g (22.37%), Cholesterol: 0mg (0%), Sodium: 413.64mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin K: 75.97µg (72.35%), Vitamin C: 44.45mg (53.88%), Manganese: 0.37mg (18.53%), Fiber: 2.98g (11.93%), Folate: 45µg (11.25%), Vitamin B6: 0.16mg (7.76%), Potassium: 234.7mg (6.71%), Calcium: 52.08mg (5.21%), Vitamin B1: 0.07mg (4.63%), Magnesium: 17.84mg (4.46%), Iron: 0.74mg (4.13%), Vitamin A: 180.83IU (3.62%), Phosphorus: 34.92mg (3.49%), Vitamin B2: 0.05mg (3.04%), Copper: 0.05mg (2.54%), Vitamin B5: 0.25mg (2.47%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.25mg (1.64%), Vitamin E: 0.23mg (1.56%), Selenium: 1.02µg (1.46%)