



## Sweet and Spicy Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

### Ingredients

- 0.5 cup matchstick-cut apple green
- 0.5 cup matchstick-cut apple red
- 3 tablespoons apple cider vinegar
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground cumin
- 0.3 cup jalapeño pepper jelly
- 2 tablespoons olive oil
- 1 pinch pepper

- 6 cups cabbage red thinly sliced
- 0.3 cup roasted salted
- 1 teaspoon salt

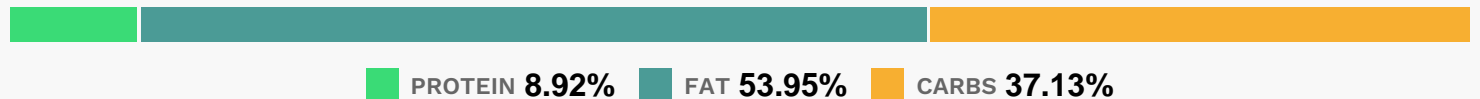
## Equipment

- bowl

## Directions

- In a large bowl, combine the cabbage, apples, pumpkin seeds, and cilantro. In a small bowl, combine the jelly, vinegar, oil, salt, pepper, and cumin, stirring until smooth.
- Pour over the cabbage mixture; toss gently to coat. Cover and chill for at least 1 hour or up to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:30.88, Glycemic Load:1.78, Inflammation Score:-7, Nutrition Score:7.8986957125042%

## Flavonoids

Cyanidin: 140.31mg, Cyanidin: 140.31mg, Cyanidin: 140.31mg, Cyanidin: 140.31mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

## Nutrients (% of daily need)

Calories: 77.22kcal (3.86%), Fat: 4.97g (7.65%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.4g (4.89%), Cholesterol: 0mg (0%), Sodium: 309.67mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 43.3mg (52.48%), Vitamin K: 29.17µg (27.78%),

Vitamin A: 801.83IU (16.04%), Manganese: 0.31mg (15.57%), Vitamin B6: 0.17mg (8.29%), Fiber: 2.05g (8.22%), Magnesium: 28.38mg (7.09%), Potassium: 215.8mg (6.17%), Phosphorus: 56.43mg (5.64%), Vitamin E: 0.8mg (5.35%), Iron: 0.88mg (4.86%), Folate: 15.11µg (3.78%), Vitamin B1: 0.05mg (3.64%), Calcium: 33.96mg (3.4%), Vitamin B2: 0.06mg (3.37%), Copper: 0.05mg (2.74%), Zinc: 0.37mg (2.49%), Vitamin B3: 0.48mg (2.39%), Vitamin B5: 0.14mg (1.4%)