



Tangy Cabbage Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 0.1 teaspoon ground pepper
- 0.3 teaspoon chili powder
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 medium garlic clove finely chopped
- 0.5 teaspoon granulated sugar
- 0.3 teaspoon ground cumin
- 1.5 teaspoons kosher salt as needed plus more

- 0.3 cup juice of lime freshly squeezed (from 3 medium limes)
- 0.5 cup onion red ()
- 0.3 cup vegetable oil
- 2 pounds cabbage green red

Equipment

- bowl
- whisk

Directions

- Whisk together the onion, 3 tablespoons of the lime juice, the oil, measured salt and pepper, sugar, chili powder, cumin, cayenne, and garlic in a large bowl until combined; set aside for 10 minutes. Meanwhile, prepare the cabbage. Slice the cabbage in half through the core.
- Cut a V-shaped notch around the white core on each half; discard the core. Slice each half lengthwise into quarters and thinly slice each quarter crosswise into 1/8-inch-wide strips.
- Add the cabbage and cilantro to the bowl with the dressing and toss to combine. Refrigerate, tossing once or twice, until the flavors have mellowed and melded, about 1 1/2 hours.
- Add the remaining tablespoon of lime juice, toss again, taste, and season with more salt and pepper as needed before serving.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:2.08, Inflammation Score:-5, Nutrition Score:10.613043284935%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.75mg, Quercetin: 2.75mg

Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 96.96kcal (4.85%), Fat: 6.98g (10.74%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 5.57g (2.03%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 458.53mg (19.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin K: 101.17µg (96.35%), Vitamin C: 44.84mg (54.35%), Folate: 51.92µg (12.98%), Fiber: 3.13g (12.52%), Manganese: 0.23mg (11.28%), Vitamin B6: 0.16mg (8.19%), Potassium: 225.92mg (6.45%), Vitamin E: 0.8mg (5.33%), Vitamin B1: 0.08mg (5.18%), Calcium: 51.5mg (5.15%), Magnesium: 16.07mg (4.02%), Vitamin A: 193.14IU (3.86%), Iron: 0.65mg (3.62%), Phosphorus: 35.12mg (3.51%), Vitamin B2: 0.05mg (3.06%), Vitamin B5: 0.27mg (2.7%), Copper: 0.03mg (1.67%), Zinc: 0.24mg (1.63%), Vitamin B3: 0.31mg (1.56%)