



Tangy Mustard Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup carrots grated
- ☐ 7 cups cabbage shredded green finely ()
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 1 cup thinly onion red vertically sliced
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 tablespoons whole-grain mustard

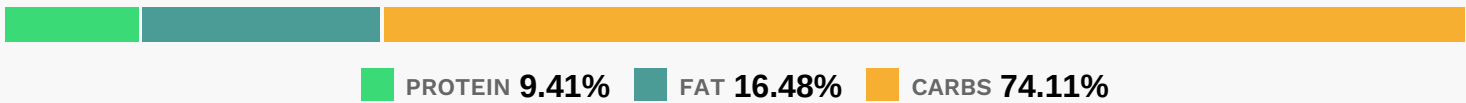
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine cabbage, onion, and 1 cup carrot in a large bowl.
- ☐ Combine white wine vinegar, sugar, mustard, mayonnaise, salt, black pepper, and red pepper in a small bowl; stir well with a whisk.
- ☐ Add the mustard mixture to cabbage mixture, and toss well to coat. Cover and chill for 20 minutes. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:40.56, Glycemic Load:4.48, Inflammation Score:-9, Nutrition Score:10.11434798137%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 61.3kcal (3.06%), Fat: 1.19g (1.83%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 9.17g (3.33%), Sugar: 7.7g (8.56%), Cholesterol: 0.64mg (0.21%), Sodium: 148.62mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin A: 3144.77IU (62.9%), Vitamin K: 58µg (55.24%), Vitamin C: 28.48mg (34.52%), Fiber: 2.85g (11.41%), Manganese: 0.2mg (9.76%), Folate: 38.42µg (9.61%), Vitamin B6: 0.14mg (7.17%), Potassium: 223.15mg (6.38%), Vitamin B1: 0.07mg (4.92%), Calcium: 43.01mg (4.3%), Magnesium: 15.48mg (3.87%), Phosphorus: 37.3mg (3.73%), Iron: 0.55mg (3.07%), Vitamin B2: 0.05mg (2.86%), Selenium: 1.93µg (2.76%), Vitamin B5: 0.24mg (2.42%), Vitamin E: 0.34mg (2.29%), Vitamin B3: 0.4mg (1.99%),

Copper: 0.04mg (1.81%), Zinc: 0.24mg (1.62%)