



HEALTH SCORE

53%

Tangy Summer Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



135 kcal

SIDE DISH

Ingredients



1 teaspoon caraway seed



1 carrots shredded peeled



1 tablespoon dijon mustard



1 bell pepper green finely chopped



1 head cabbage shredded green



0.3 cup olive oil



1 onion finely chopped



1 head cabbage shredded red

- ☐ 16 oz red wine vinegar & oil salad dressing
- ☐ 10 servings salt and pepper to taste
- ☐ 0.3 cup sugar

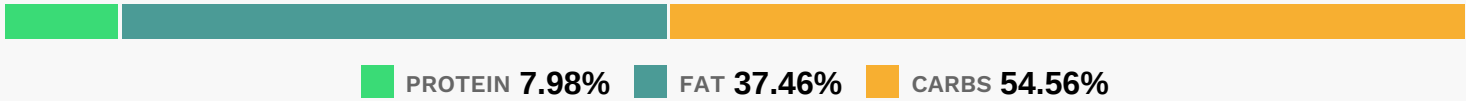
Equipment

- ☐ bowl

Directions

- ☐ Toss together vegetables in a large serving bowl; set aside.
- ☐ Combine remaining ingredients; pour over vegetables.
- ☐ Refrigerate until ready to serve. Toss before serving.

Nutrition Facts



Properties

Glycemic Index:26.19, Glycemic Load:6.68, Inflammation Score:-9, Nutrition Score:17.096521802571%

Flavonoids

Cyanidin: 176.05mg, Cyanidin: 176.05mg, Cyanidin: 176.05mg, Cyanidin: 176.05mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 135.18kcal (6.76%), Fat: 5.77g (8.87%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 14.16g (5.15%), Sugar: 12.17g (13.53%), Cholesterol: 0mg (0%), Sodium: 258.11mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Vitamin C: 92.07mg (111.6%), Vitamin K: 106.06µg (101.01%), Vitamin A: 2090.42IU (41.81%), Manganese: 0.42mg (20.85%), Fiber: 4.73g (18.93%), Vitamin B6: 0.34mg (16.9%), Folate: 58.71µg (14.68%), Potassium: 437.48mg (12.5%), Vitamin B1: 0.13mg (8.57%), Calcium: 85.08mg (8.51%), Iron: 1.47mg (8.19%), Magnesium: 30.4mg (7.6%), Vitamin E: 1.1mg (7.35%), Phosphorus: 62.87mg (6.29%), Vitamin B2: 0.11mg (6.28%), Vitamin B5: 0.36mg (3.62%), Vitamin B3: 0.71mg (3.54%), Zinc: 0.43mg (2.88%),

Copper: 0.05mg (2.72%), Selenium: 1.4µg (2%)