



Tart Apple-and-Cabbage Toss

 Vegetarian  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



127 kcal

DESSERT

Ingredients

- 0.3 cup apple cider vinegar
- 1 tsp caraway seeds
- 1 cup matchstick carrots
- 0.5 tsp fennel seeds
- 0.3 cup chives fresh chopped
- 2 granny smith apples thinly sliced
- 0.3 cup mayonnaise
- 0.5 teaspoon pepper freshly ground

- 8 cups cabbage shredded red finely (1 medium head)
- 1 teaspoon sugar

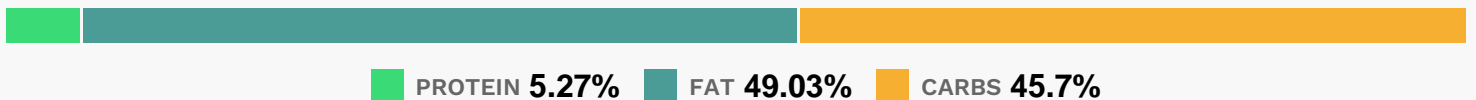
Equipment

- bowl
- whisk
- mortar and pestle

Directions

- Place caraway and fennel seeds in a mortar bowl or spice grinder; grind using a pestle or grinder until seeds become a medium powder.
- Combine pepper, vinegar, and crushed seeds in a small bowl; cover.
- Let stand 1 hour.
- Whisk in mayonnaise and sugar. Season with salt to taste.
- Combine cabbage and next 3 ingredients in a large bowl.
- Add vinegar mixture, and toss until blended.
- Let stand 10 minutes to 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:43.49, Glycemic Load:4.1, Inflammation Score:-10, Nutrition Score:12.948695646356%

Flavonoids

Cyanidin: 187.46mg, Cyanidin: 187.46mg, Cyanidin: 187.46mg, Cyanidin: 187.46mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg

Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg
Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.27mg,
Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin:
0.18mg, Myricetin: 0.18mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 126.89kcal (6.34%), Fat: 7.31g (11.25%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 15.34g (5.11%), Net
Carbohydrates: 11.71g (4.26%), Sugar: 9.51g (10.57%), Cholesterol: 3.92mg (1.31%), Sodium: 95.4mg (4.15%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin A: 3771.19IU (75.42%), Vitamin C: 54.82mg
(66.44%), Vitamin K: 56.08µg (53.41%), Manganese: 0.31mg (15.4%), Fiber: 3.63g (14.53%), Vitamin B6: 0.23mg
(11.58%), Potassium: 335.74mg (9.59%), Folate: 22.69µg (5.67%), Calcium: 54.73mg (5.47%), Iron: 0.95mg (5.3%),
Vitamin B1: 0.08mg (5.28%), Magnesium: 20.97mg (5.24%), Vitamin B2: 0.09mg (5.17%), Phosphorus: 43.13mg
(4.31%), Vitamin E: 0.6mg (4.02%), Vitamin B3: 0.6mg (3%), Copper: 0.05mg (2.25%), Vitamin B5: 0.23mg (2.25%),
Zinc: 0.3mg (2%), Selenium: 0.83µg (1.18%)