



Texas Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

Ingredients

- 1 large carrots shredded
- 1 teaspoon cayenne pepper
- 1 medium head cabbage green rinsed very thinly sliced
- 2 green onions sliced
- 1 tablespoon ground cumin
- 1 teaspoon ground pepper black
- 1 tablespoon juice of lime
- 1 cup mayonnaise

2 radishes sliced

1 teaspoon salt

Equipment

bowl

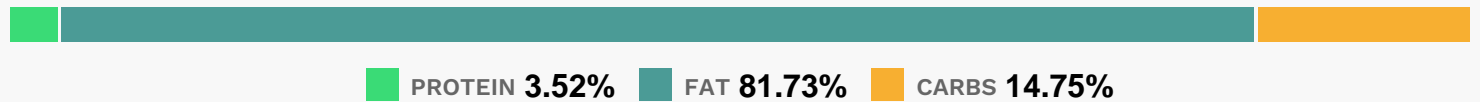
whisk

Directions

In a large bowl, whisk together the mayonnaise, lime juice, cumin, salt and pepper.

Add the cabbage, carrot, green onions and radishes and stir until well-combined. Chill at least an hour before serving.

Nutrition Facts



Properties

Glycemic Index:34.23, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:12.933478321718%

Flavonoids

Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg, Pelargonidin: 0.63mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 228.29kcal (11.41%), Fat: 21.31g (32.78%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 5.25g (1.91%), Sugar: 4.38g (4.87%), Cholesterol: 11.76mg (3.92%), Sodium: 497.42mg (21.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin K: 139.97µg (133.31%), Vitamin C: 43.6mg (52.84%), Vitamin A: 1778.81IU (35.58%), Folate: 54.65µg (13.66%), Fiber: 3.4g (13.6%), Manganese: 0.26mg (13.24%), Vitamin E: 1.27mg (8.47%), Vitamin B6: 0.17mg (8.44%), Potassium: 261.98mg (7.49%), Iron: 1.21mg (6.74%), Calcium: 61.92mg (6.19%), Vitamin B1: 0.09mg (5.73%), Magnesium: 19.39mg (4.85%), Phosphorus: 44.98mg (4.5%), Vitamin B2: 0.06mg (3.78%), Vitamin B5: 0.32mg (3.23%), Copper: 0.05mg (2.27%), Zinc: 0.33mg (2.2%), Vitamin B3: 0.43mg (2.17%), Selenium: 1.09µg (1.56%)