



 **59%**  
HEALTH SCORE

## Texas Coleslaw

 Vegetarian  Gluten Free  Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

### Ingredients

- 4 carrots shredded
- 0.5 teaspoon cayenne
- 0.5 cup crème fraîche sour
- 1 tablespoon dijon mustard
- 1 bunch mint leaves fresh for garnish
- 2 granny smith apples sliced thin
- 0.5 teaspoon ground cumin
- 1 juice of orange juiced

- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 1 cup pecans toasted chopped
- 1 medium onion red sliced thin
- 1 head savoy cabbage shredded
- 1 teaspoon sugar
- 1 tablespoon water hot

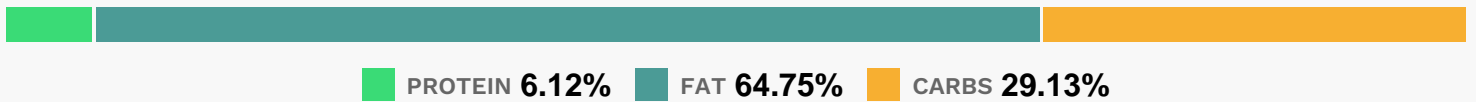
## Equipment

- bowl
- whisk

## Directions

- In a large bowl add the cabbage, carrots, apples, onions, and pecans.
- Mix well and set aside.
- In a small bowl combine the mustard and water.
- Whisk in the olive oil; add the sugar, cayenne, cumin, orange juice, and creme fraiche and blend well. Taste and season with salt and pepper.
- Pour the dressing over the cabbage mixture and toss well to coat. Mound onto a platter and garnish with mint leaves.

## Nutrition Facts



## Properties

Glycemic Index:46.37, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:20.776956537495%

## Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.81mg,

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## **Nutrients (% of daily need)**

Calories: 273.48kcal (13.67%), Fat: 21.11g (32.48%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 14.31g (5.2%), Sugar: 11.47g (12.74%), Cholesterol: 8.48mg (2.83%), Sodium: 79.41mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin A: 6433.38IU (128.67%), Vitamin K: 88.86µg (84.62%), Vitamin C: 44.07mg (53.42%), Manganese: 0.87mg (43.62%), Fiber: 7.06g (28.25%), Folate: 106.47µg (26.62%), Vitamin B6: 0.33mg (16.59%), Potassium: 520.66mg (14.88%), Magnesium: 58.18mg (14.55%), Vitamin B1: 0.21mg (13.97%), Vitamin E: 2.05mg (13.69%), Copper: 0.26mg (13.09%), Phosphorus: 116.93mg (11.69%), Calcium: 83.68mg (8.37%), Zinc: 1.06mg (7.06%), Vitamin B2: 0.11mg (6.7%), Iron: 1.17mg (6.51%), Vitamin B5: 0.52mg (5.16%), Vitamin B3: 0.92mg (4.6%), Selenium: 2.78µg (3.98%)