



The Lady's Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- 0.5 bell pepper chopped
- 0.5 cabbage head
- 0.5 large carrots chopped
- 0.1 cup parsley leaves fresh chopped
- 1 green onion chopped
- 0.3 teaspoon coarsely ground pepper black
- 0.3 teaspoon lemon-pepper seasoning
- 0.5 cup mayonnaise

- 0.5 teaspoon seasoning salt (recommended: Jane's Crazy Mixed-up salt)
- 2 tablespoons sugar
- 1 tablespoon vinegar white

Equipment

- food processor
- bowl

Directions

- Using a food processor, gently process the bell pepper, onion, carrot, and parsley, being careful not to over process.
- Cut 1/2 of the cabbage into chunks and place in the food processor and process lightly, making sure the cabbage doesn't become mushy. Slice the remaining cabbage thinly.
- Mix the cabbage together with the processed vegetables. In a separate bowl, mix the remaining ingredients together and allow to stand for a few minutes.
- Combine the mayonnaise mixture with the vegetables and toss. Chill for 1 hour.

Nutrition Facts



PROTEIN 3.23% **FAT 73.62%** **CARBS 23.15%**

Properties

Glycemic Index:70.15, Glycemic Load:4.32, Inflammation Score:-8, Nutrition Score:11.242173847945%

Flavonoids

Apigenin: 2.75mg, Apigenin: 2.75mg, Apigenin: 2.75mg, Apigenin: 2.75mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 168.28kcal (8.41%), Fat: 14.11g (21.71%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 7.58g (2.76%), Sugar: 7.28g (8.09%), Cholesterol: 7.84mg (2.61%), Sodium: 331.63mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Vitamin K: 114.12µg (108.69%), Vitamin C: 42.78mg (51.85%), Vitamin A: 1525.29IU (30.51%), Folate: 42.38µg (10.6%), Fiber: 2.4g (9.61%), Manganese: 0.17mg (8.53%),

Vitamin B6: 0.14mg (6.76%), Vitamin E: 0.94mg (6.29%), Potassium: 187.32mg (5.35%), Vitamin B1: 0.06mg (3.98%), Calcium: 38.66mg (3.87%), Iron: 0.58mg (3.24%), Magnesium: 12.52mg (3.13%), Phosphorus: 30.11mg (3.01%), Vitamin B2: 0.05mg (2.92%), Vitamin B5: 0.25mg (2.49%), Vitamin B3: 0.36mg (1.81%), Zinc: 0.23mg (1.52%), Copper: 0.03mg (1.43%), Selenium: 0.73µg (1.05%)