



Three-Pepper Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

Ingredients

- 10 ounce angel hair coleslaw (6 cups)
- 0.5 cup bell pepper strips green thinly sliced
- 0.5 cup bell pepper strips red thinly sliced
- 2 teaspoons canola oil
- 0.3 cup green onions chopped
- 0.3 cup jalapeno seeded finely chopped
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon salt

- 1 teaspoon sugar
- 0.3 teaspoon pepper white
- 0.3 cup citrus champagne vinegar

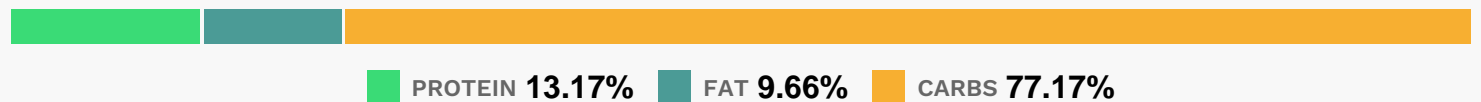
Equipment

- bowl
- whisk

Directions

- Place first 5 ingredients in a large bowl, tossing to combine.
- Combine vinegar and remaining ingredients in a small bowl, stirring with a whisk.
- Pour vinegar mixture over cabbage mixture, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:11.23, Inflammation Score:-5, Nutrition Score:7.0343478088794%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 151.21kcal (7.56%), Fat: 1.6g (2.47%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 27.11g (9.86%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 149.55mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Selenium: 22.45µg (32.07%), Vitamin C: 24.7mg (29.94%), Manganese: 0.36mg (18.17%), Vitamin K: 11.06µg (10.53%), Vitamin A: 399.77IU (8%), Phosphorus: 74.76mg (7.48%), Fiber: 1.71g (6.83%), Copper: 0.12mg (5.87%), Vitamin B6: 0.11mg (5.7%), Magnesium: 22.74mg (5.69%), Potassium: 140.83mg (4.02%), Vitamin B3: 0.8mg (4.01%), Folate: 15.4µg (3.85%), Zinc: 0.56mg (3.74%), Iron: 0.65mg (3.6%), Vitamin E: 0.53mg (3.52%), Vitamin B1: 0.05mg (3.11%), Vitamin B2: 0.04mg (2.22%), Vitamin B5: 0.21mg (2.08%), Calcium: 13.6mg (1.36%)