



Three-Tone Power Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 large carrots grated peeled
- ☐ 1 teaspoon celery seed
- ☐ 8 ounces cabbage shredded green finely
- ☐ 0.5 cup mayonnaise
- ☐ 8 ounces cabbage shredded red finely
- ☐ 6 servings salt and freshly cracked pepper black
- ☐ 1 tablespoon sriracha

- ☐ 1 tablespoon mustard stone-ground
- ☐ 2 teaspoons sugar

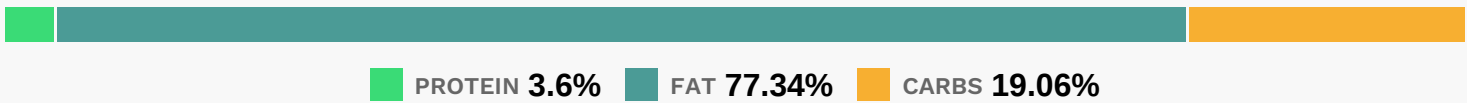
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the mayonnaise, apple cider vinegar, mustard, Sriracha, sugar and celery seed. Season with salt and pepper. In a large bowl, combine the green cabbage, red cabbage and carrots.
- ☐ Pour over the dressing and mix together.
- ☐ Let stand for 30 minutes before serving. Season with salt and pepper if needed.

Nutrition Facts



Properties

Glycemic Index:52.49, Glycemic Load:2.58, Inflammation Score:-9, Nutrition Score:10.724347819453%

Flavonoids

Cyanidin: 79.31mg, Cyanidin: 79.31mg, Cyanidin: 79.31mg, Cyanidin: 79.31mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 162.27kcal (8.11%), Fat: 14.27g (21.96%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 5.69g (2.07%), Sugar: 4.75g (5.28%), Cholesterol: 7.84mg (2.61%), Sodium: 423.17mg (18.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin K: 75.27µg (71.68%), Vitamin A: 2481.2IU (49.62%), Vitamin C: 37.78mg (45.79%), Manganese: 0.22mg (11.03%), Fiber: 2.23g (8.91%), Vitamin B6: 0.15mg (7.6%), Folate: 26.61µg (6.65%), Potassium: 213.5mg (6.1%), Vitamin E: 0.8mg (5.36%), Calcium: 45.7mg (4.57%),

Iron: 0.77mg (4.26%), Vitamin B1: 0.06mg (4.24%), Magnesium: 15.24mg (3.81%), Phosphorus: 34.45mg (3.44%),
Vitamin B2: 0.06mg (3.31%), Selenium: 1.69µg (2.41%), Vitamin B5: 0.21mg (2.1%), Vitamin B3: 0.39mg (1.97%), Zinc:
0.25mg (1.68%), Copper: 0.03mg (1.51%)