

## Vegetable Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



350 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 5 carrots
- 1 teaspoon celery salt
- 2 teaspoons celery seeds
- 2 tablespoons cider vinegar
- 0.3 cup dijon mustard
- 0.5 teaspoon kosher salt
- 2 cups mayonnaise good

- 0.8 pound cabbage red ()
- 1 tablespoon sugar
- 1 pound cabbage white ()

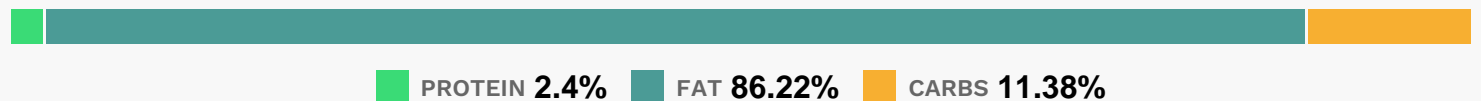
## Equipment

- food processor
- bowl
- whisk

## Directions

- Watch how to make this recipe.
- Fit a food processor with the thickest slicing blade.
- Cut the cabbages into small wedges and place horizontally into the feed tube. Process in batches. Next, fit the food processor with the grating blade.
- Cut the carrots in half and place in the feed tube so they are lying on their sides. Process in batches and mix in a bowl with the grated cabbages.
- In a medium bowl, whisk together the mayonnaise, mustard, sugar, vinegar, celery seeds, celery salt, salt, and pepper.
- Pour enough of the dressing over the grated vegetables to moisten them.
- Serve cold or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:34.69, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:15.615217395451%

## Flavonoids

Cyanidin: 71.38mg, Cyanidin: 71.38mg, Cyanidin: 71.38mg, Cyanidin: 71.38mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 3.16mg, Luteolin: 3.16mg, Luteolin: 3.16mg, Luteolin: 3.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg  
Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

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

Calories: 349.9kcal (17.49%), Fat: 34g (52.31%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 10.1g (3.37%), Net  
Carbohydrates: 7.06g (2.57%), Sugar: 5.76g (6.4%), Cholesterol: 18.82mg (6.27%), Sodium: 740.99mg (32.22%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin K: 124.78µg (118.83%), Vitamin A:  
5553.73IU (111.07%), Vitamin C: 37.89mg (45.92%), Manganese: 0.28mg (13.97%), Fiber: 3.04g (12.17%), Vitamin E:  
1.8mg (12.02%), Vitamin B6: 0.18mg (9.06%), Folate: 34.16µg (8.54%), Potassium: 284.89mg (8.14%), Calcium:  
58.97mg (5.9%), Vitamin B1: 0.09mg (5.82%), Iron: 0.97mg (5.38%), Phosphorus: 51.39mg (5.14%), Selenium: 3.58µg  
(5.12%), Magnesium: 20.07mg (5.02%), Vitamin B2: 0.07mg (4.32%), Vitamin B5: 0.33mg (3.27%), Vitamin B3:  
0.6mg (2.98%), Zinc: 0.37mg (2.45%), Copper: 0.05mg (2.43%)