



Vernell's Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



203 min.

SERVINGS



12

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 1 large head cabbage shredded cored
- ☐ 1 teaspoon celery seed
- ☐ 12 servings ground pepper black to taste
- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 0.8 cup sugar white divided
- ☐ 1 cup vinegar white
- ☐ 1 tablespoon mustard yellow prepared

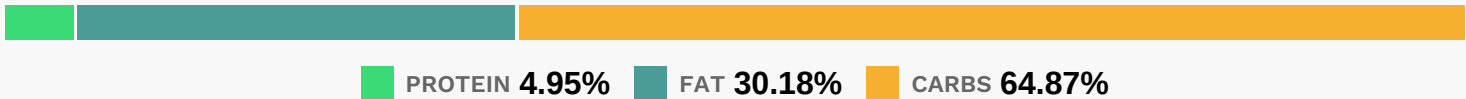
Equipment

- ☐ bowl
- ☐ microwave
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Place the shredded cabbage into a large glass baking dish or other glass dish. Do not use metal or plastic.
- ☐ Sprinkle with 1/2 cup of white sugar and the salt.
- ☐ In a separate microwave safe bowl, combine the remaining sugar, oil, vinegar, mustard, celery seed and pepper. Stir to blend in the sugar, then heat until boiling in the microwave, about 3 minutes. Immediately, but carefully pour the boiling mixture over the cabbage. Toss with a wooden or plastic utensil to evenly coat the cabbage.
- ☐ Let stand out on the counter for several hours, stirring occasionally. Cover and refrigerate. Toss before serving, and serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:10.26, Inflammation Score:-4, Nutrition Score:8.9930433553198%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 111.74kcal (5.59%), Fat: 3.87g (5.95%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 15.99g (5.81%), Sugar: 15.83g (17.59%), Cholesterol: 0mg (0%), Sodium: 227.1mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin K: 85.9µg (81.81%), Vitamin C: 38.1mg (46.18%), Folate: 44.84µg (11.21%), Fiber: 2.7g (10.79%), Manganese: 0.21mg (10.48%), Vitamin B6: 0.13mg (6.58%), Potassium:

183.05mg (5.23%), Calcium: 47.3mg (4.73%), Vitamin B1: 0.07mg (4.43%), Magnesium: 14.2mg (3.55%), Iron: 0.61mg (3.38%), Vitamin E: 0.46mg (3.07%), Phosphorus: 30.31mg (3.03%), Vitamin B2: 0.05mg (2.67%), Vitamin B5: 0.23mg (2.26%), Vitamin A: 103.44IU (2.07%), Zinc: 0.21mg (1.41%), Selenium: 0.94µg (1.35%), Copper: 0.03mg (1.33%), Vitamin B3: 0.26mg (1.28%)