



Warm Bacon and Herb Coleslaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1.3 lbs cabbage cored thinly sliced
- ☐ 1 large carrots shredded
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cups flat-leaf parsley leaves
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup oregano leaves fresh

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 small onion red thinly sliced
- ☐ 1 medium shallots thinly sliced
- ☐ 1 tablespoon sugar
- ☐ 8 strips bacon thick-cut cut into 1-in. pieces

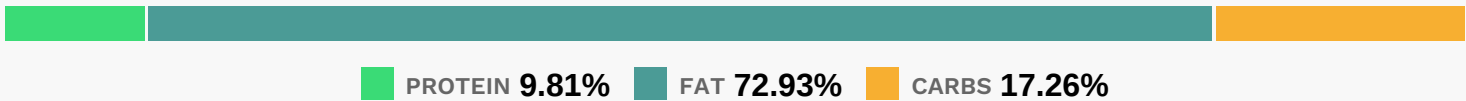
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Combine cabbage, onion, carrot, and herbs in a large bowl. Set aside.
- ☐ Cook bacon over medium heat, stirring often, until browned and crisp, about 10 minutes. Using a slotted spoon, transfer bacon to a plate lined with paper towels to drain; set aside.
- ☐ Add shallot to hot bacon grease and cook, stirring occasionally over medium heat, until softened, about 2 minutes.
- ☐ Add mustard, sugar, and vinegar and stir to combine. Stir in oil, salt, and pepper.
- ☐ Pour dressing over reserved vegetables along with half the reserved bacon and toss to coat evenly.
- ☐ Sprinkle remaining bacon over slaw and serve immediately.
- ☐ Make ahead: Vegetables, bacon, and vinaigrette, up to 1 day, chilled separately. Rewarm dressing and bacon and mix with slaw when ready to serve.

Nutrition Facts



Properties

Glycemic Index:44.87, Glycemic Load:2.89, Inflammation Score:-10, Nutrition Score:17.646086897539%

Flavonoids

Apigenin: 32.38mg, Apigenin: 32.38mg, Apigenin: 32.38mg, Apigenin: 32.38mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 259.92kcal (13%), Fat: 21.46g (33.02%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 7.31g (2.66%), Sugar: 5.07g (5.63%), Cholesterol: 23.76mg (7.92%), Sodium: 433.98mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (12.99%), Vitamin K: 324.05µg (308.62%), Vitamin A: 2903.22IU (58.06%), Vitamin C: 47.26mg (57.28%), Manganese: 0.38mg (19.17%), Fiber: 4.12g (16.49%), Folate: 64.62µg (16.15%), Iron: 2.71mg (15.03%), Vitamin E: 1.96mg (13.09%), Vitamin B6: 0.26mg (13.08%), Selenium: 8.35µg (11.92%), Vitamin B1: 0.18mg (11.7%), Potassium: 377.45mg (10.78%), Calcium: 107.42mg (10.74%), Vitamin B3: 2.06mg (10.32%), Phosphorus: 93.84mg (9.38%), Magnesium: 32.71mg (8.18%), Vitamin B2: 0.1mg (5.74%), Zinc: 0.86mg (5.73%), Vitamin B5: 0.49mg (4.87%), Copper: 0.08mg (4.19%), Vitamin B12: 0.18µg (3%)