



Western North Carolina Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



22 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 lb cabbage grated
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.3 cup catsup
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 large onion sweet grated

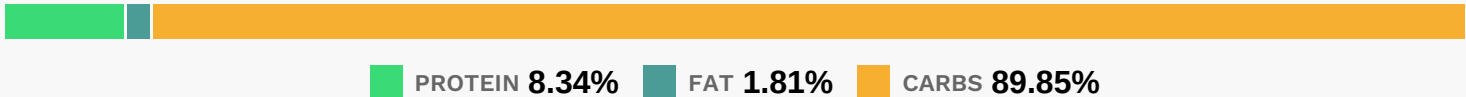
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together ketchup, vinegar, sugar, kosher salt, freshly ground black pepper, and hot sauce in a bowl.
- ☐ Add cabbage and onion; toss to coat.
- ☐ Let stand 1 hour before serving, tossing occasionally.

Nutrition Facts



Properties

Glycemic Index:12.41, Glycemic Load:1.58, Inflammation Score:-1, Nutrition Score:2.8195652313854%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 22.16kcal (1.11%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.48g (1.63%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 133.83mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Vitamin K: 23.27µg (22.16%), Vitamin C: 11.6mg (14.06%), Manganese: 0.08mg (3.99%), Folate: 14.77µg (3.69%), Fiber: 0.84g (3.35%), Vitamin B6: 0.05mg (2.67%), Potassium: 77.87mg (2.22%), Calcium: 14.74mg (1.47%), Vitamin B1: 0.02mg (1.43%), Vitamin B2: 0.02mg (1.33%), Magnesium: 5.2mg (1.3%), Vitamin A: 57.52IU (1.15%), Phosphorus: 11.28mg (1.13%), Iron: 0.19mg (1.08%)