



Winter slaw with warm celery seed dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 200 g green beans thick halved cut in 2
- ☐ 1 small head cabbage shredded white
- ☐ 1 small onion diced white
- ☐ 4 large carrots shredded
- ☐ 5 tbsp unrefined sunflower oil
- ☐ 5 tbsp apple cider vinegar
- ☐ 4 tbsp sugar
- ☐ 1 tsp celery seed

☐ 1 tbsp coarse mustard

Equipment

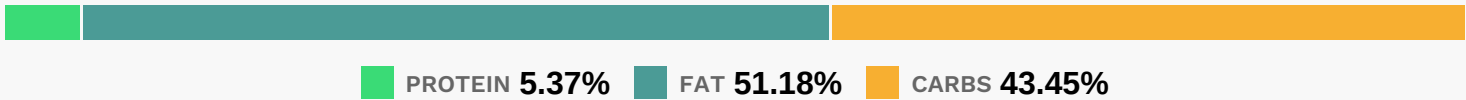
☐ bowl

☐ sauce pan

Directions

- ☐ Cook the green beans for 1 min in boiling salted water, then drain and rinse under a cold tap.
- ☐ Place in a large bowl with the cabbage, onion and carrot.
- ☐ In a small saucepan, bring the dressing ingredients to the boil.
- ☐ Add a pinch of salt, remove from the heat, let cool for 5 mins, then toss with the salad before serving.

Nutrition Facts



Properties

Glycemic Index:25.49, Glycemic Load:4.89, Inflammation Score:-10, Nutrition Score:11.47086951007%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 101.9kcal (5.1%), Fat: 6.09g (9.37%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 8.85g (3.22%), Sugar: 7.87g (8.74%), Cholesterol: 0mg (0%), Sodium: 42.87mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin A: 4183.84IU (83.68%), Vitamin K: 55.91µg (53.25%), Vitamin C: 25.69mg (31.14%), Vitamin E: 2.72mg (18.13%), Fiber: 2.78g (11.13%), Manganese: 0.21mg (10.32%), Folate: 36.86µg (9.21%), Vitamin B6: 0.14mg (6.99%), Potassium: 230.45mg (6.58%), Vitamin B1: 0.07mg (4.76%), Calcium: 43.44mg (4.34%), Magnesium: 16.41mg (4.1%), Iron: 0.64mg (3.58%), Phosphorus: 34.65mg (3.47%), Vitamin B2: 0.06mg (3.45%), Vitamin B3: 0.52mg (2.58%), Vitamin B5: 0.24mg (2.4%), Copper: 0.04mg (1.99%), Zinc: 0.24mg (1.58%), Selenium: 0.81µg (1.15%)