



Yellow Pepper Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



44 kcal

SIDE DISH

Ingredients

- 1 tablespoon cider vinegar
- 0.5 teaspoon ginger fresh grated
- 2 teaspoons honey
- 1 teaspoon soya sauce low-sodium
- 0.5 cup cabbage shredded red
- 1 teaspoon sesame oil
- 1 bell pepper yellow cut into 1/4-inch-thick strips (1 cup)

Equipment

bowl

whisk

Directions

Combine bell pepper and cabbage in a medium bowl; set aside.

Combine vinegar and remaining 4 ingredients in a small bowl; stir well with a whisk.

Add to bell pepper mixture, and toss gently to coat.

Nutrition Facts

 **PROTEIN 6.67%**  **FAT 27.89%**  **CARBS 65.44%**

Properties

Glycemic Index:46.42, Glycemic Load:2.28, Inflammation Score:-5, Nutrition Score:6.3760869230913%

Flavonoids

Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg, Cyanidin: 31.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 43.55kcal (2.18%), Fat: 1.45g (2.23%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.95g (2.53%), Sugar: 4.43g (4.93%), Cholesterol: 0mg (0%), Sodium: 65.28mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin C: 81.28mg (98.53%), Vitamin K: 5.85µg (5.57%), Manganese: 0.11mg (5.32%), Vitamin B6: 0.1mg (5.1%), Vitamin A: 244.87IU (4.9%), Potassium: 133.46mg (3.81%), Folate: 13.85µg (3.46%), Fiber: 0.7g (2.78%), Copper: 0.05mg (2.43%), Vitamin B3: 0.44mg (2.21%), Magnesium: 8.77mg (2.19%), Iron: 0.36mg (1.97%), Phosphorus: 17.44mg (1.74%), Vitamin B2: 0.03mg (1.53%), Vitamin B1: 0.02mg (1.42%), Calcium: 12.22mg (1.22%)