AMERICAN · SIDE

Vinegar Coleslaw (No Mayo)

20 min · Serves 12 · 62 kcal a serve · Video 5:32 · Downshiftology

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Just 61 kcal, 5 g net carbs and 74 mg sodium a serve: shredded cabbage, carrot and onion in an apple cider vinegar and olive oil dressing with one spoon of honey for twelve servings. No mayonnaise.

Diet notes: Low carb (5 g net carbs) but not keto: 52% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.5 g, 7% of the energy); DASH-friendly (70 mg sodium a serve).

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Ingredients 10 · SERVES 12

- [ ] 1 head of **green cabbage**, finely shredded
- [ ] 1 large **carrot**, grated
- [ ] ½ **yellow or red onion**, finely sliced
- [ ] ⅓ cup **apple cider vinegar**
- [ ] 3 tbsp **olive oil**
- [ ] 1 tbsp **honey** (or maple syrup)
- [ ] ½ tbsp **Dijon mustard**
- [ ] 1 tsp **celery seed**
- [ ] ¼ tsp **salt**
- [ ] ¼ tsp **black pepper**

Allergens found in the listed ingredients: Celery, Mustard, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the cabbage and pull off the outer leaves. Trim the stem, halve and quarter it, cut out the core at an angle, then slice it thinly and cut across once or twice so the shreds aren't too long. 0:46
2. Put the whole shredded cabbage in a large bowl and grate in the carrot. 3:31
3. Halve the onion, cut it down the middle, slice thinly and add it. 4:00
4. Whisk the apple cider vinegar, olive oil, honey, mustard, celery seed (not celery salt), salt and pepper. 4:13
5. Pour the dressing over the vegetables and stir well. It keeps 3–5 days in the fridge and tastes even better the next day. 4:37

Tip Swap the honey for maple syrup and it's vegan.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
62 kcal	1.2 g	7.2 g	2.2 g	3.5 g	70 mg
260 kJ	2% of a day	5 g net · 4.4 g sugars	8% of a day	0.5 g saturated	3% of a day
		3% of a day		5% of a day	

Energy from net carbs 36% · protein 9% · fat 55%

High in (20%+ of a day) Vitamin K 50% · Vitamin C 32%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=ZPG8Bh_o_t4. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-vinegar-coleslaw-no-mayo