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Avocado Coleslaw ♦♦

Avocado coleslaw is a refreshing and healthy twist on traditional coleslaw. It combines the creamy goodness of avocados with the crunch of cabbage and carrots, all dressed in a tangy vinaigrette. This recipe is perfect for vegans and vegetarians, and it's a great side dish for any meal or barbecue.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Avocado
200 g	cabbage
100 g	Carrots
2 tbsp	lemon juice
2 tbsp	olive oil

1 tsp	dijon mustard
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Cut

Shred the cabbage and carrots.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the shredded cabbage and carrots with the avocado.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the lemon juice, olive oil, Dijon mustard, salt, and black pepper to make the vinaigrette.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the vinaigrette over the cabbage, carrots, and avocado mixture. Toss until well coated.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Serve immediately or refrigerate for later.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	7 g	18.42%	28%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Events

Barbecue

Picnic

Meal Type

Breakfast

Snack

Brunch

Supper

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

St. Patrick's Day

Demographics

Senior Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

Cooking Method

Boiling

Difficulty Level

Medium

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