

## 5-Minute Coleslaw

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

### Ingredients

- 16 ounce coleslaw mix shredded
- 2 tablespoons juice of lemon
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 1 cup mayonnaise light best foods®

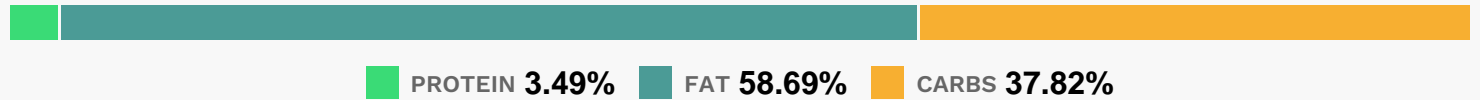
### Equipment

- bowl

## Directions

- In large bowl, combine Hellmann's® or Best Foods® Light Mayonnaise, lemon juice, sugar and salt.
- Add coleslaw mix; toss well.
- Serve chilled or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:14.26, Glycemic Load:2.92, Inflammation Score:-2, Nutrition Score:5.61695652941%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 93.19kcal (4.66%), Fat: 6.29g (9.68%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.69g (2.8%), Sugar: 5.9g (6.56%), Cholesterol: 4.48mg (1.49%), Sodium: 387.18mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 58.13µg (55.36%), Vitamin C: 22.2mg (26.91%), Folate: 26.25µg (6.56%), Fiber: 1.43g (5.71%), Vitamin E: 0.7mg (4.69%), Manganese: 0.09mg (4.68%), Vitamin B6: 0.07mg (3.63%), Potassium: 109.02mg (3.11%), Vitamin B1: 0.04mg (2.52%), Calcium: 24.7mg (2.47%), Phosphorus: 19.24mg (1.92%), Magnesium: 7.59mg (1.9%), Iron: 0.31mg (1.73%), Vitamin A: 75.39IU (1.51%), Vitamin B5: 0.14mg (1.41%), Vitamin B2: 0.02mg (1.4%), Selenium: 0.92µg (1.31%)