



5 Minute Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



245 min.

SERVINGS



24

CALORIES



10 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon celery seed
- 16 ounce coleslaw mix
- 3 green onions thinly sliced
- 0.3 cup red wine vinegar
- 2 teaspoons salt
- 2 tablespoons sugar white

Equipment

- bowl

whisk

Directions

Whisk red wine vinegar, sugar, salt, celery seed, and green onions in a salad bowl until sugar and salt have dissolved. Toss coleslaw mix with dressing. Refrigerate 4 to 6 hours.

Nutrition Facts

 **PROTEIN 10.72%**  **FAT 2.8%**  **CARBS 86.48%**

Properties

Glycemic Index:6.09, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:1.759130405991%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 9.64kcal (0.48%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 197.69mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Vitamin K: 17.47µg (16.64%), Vitamin C: 7.22mg (8.75%), Folate: 9.09µg (2.27%), Fiber: 0.51g (2.06%), Manganese: 0.04mg (1.82%), Vitamin B6: 0.02mg (1.23%), Potassium: 37.69mg (1.08%)