



Ain't Your Mama's Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



49 kcal

SIDE DISH

Ingredients

- 0.3 cup planters almonds toasted sliced
- 12 oz broccoli slaw
- 1 tsp brown sugar
- 0.3 cup cranberries dried
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 cup pepper strips red
- 1 cup pineapple fresh chopped
- 0.3 cup onions red chopped

Equipment

bowl

Directions

- Combine first 5 ingredients in large bowl.
- Mix dressing and sugar until blended.
- Add to salad; toss to coat.
- Refrigerate 1 hour.
- Add nuts just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:5.1995652032935%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 48.98kcal (2.45%), Fat: 2.28g (3.5%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.18g (2.25%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 58.81mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin C: 39.33mg (47.68%), Manganese: 0.22mg (11.2%), Vitamin A: 410.06IU (8.2%), Folate: 24.06µg (6.02%), Vitamin E: 0.85mg (5.69%), Vitamin B6: 0.09mg (4.39%), Potassium: 131.53mg (3.76%), Vitamin B2: 0.06mg (3.75%), Magnesium: 14.36mg (3.59%), Vitamin K: 3.7µg (3.53%), Fiber: 0.81g (3.22%), Phosphorus: 30.05mg (3%), Copper: 0.05mg (2.44%), Vitamin B1: 0.04mg (2.37%), Iron:

0.38mg (2.12%), Calcium: 20.22mg (2.02%), Vitamin B3: 0.4mg (1.98%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.2mg (1.36%), Selenium: 0.92µg (1.32%)