

# Aloha Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



254 kcal

SIDE DISH

## Ingredients

- 15 ounce pineapple crushed drained canned
- 1 large carrots shredded
- 1 medium head cabbage green rinsed very thinly sliced
- 1 cup mayonnaise
- 1 teaspoon salt

## Equipment

- bowl

# Directions

In a large bowl, stir together the cabbage, carrot, pineapple, mayonnaise and salt and let chill for at least an hour before serving.

# Nutrition Facts



**PROTEIN 3.17%**   **FAT 72.6%**   **CARBS 24.23%**

# Properties

Glycemic Index:17.6, Glycemic Load:2.01, Inflammation Score:-8, Nutrition Score:13.153043412644%

# Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

# Nutrients (% of daily need)

Calories: 254.36kcal (12.72%), Fat: 21.14g (32.52%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 12.1g (4.4%), Sugar: 11.8g (13.11%), Cholesterol: 11.76mg (3.92%), Sodium: 495.66mg (21.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.15%), Vitamin K: 133.46µg (127.1%), Vitamin C: 47.07mg (57.05%), Vitamin A: 1659.55IU (33.19%), Fiber: 3.78g (15.12%), Folate: 54.57µg (13.64%), Manganese: 0.2mg (9.86%), Vitamin B6: 0.2mg (9.76%), Vitamin B1: 0.13mg (8.81%), Potassium: 293.32mg (8.38%), Vitamin E: 1.16mg (7.72%), Calcium: 59.29mg (5.93%), Magnesium: 22.96mg (5.74%), Copper: 0.09mg (4.4%), Iron: 0.77mg (4.28%), Phosphorus: 42.26mg (4.23%), Vitamin B2: 0.07mg (3.95%), Vitamin B5: 0.31mg (3.13%), Vitamin B3: 0.5mg (2.53%), Zinc: 0.32mg (2.15%), Selenium: 1.21µg (1.72%)