



America's Favorite Fruit Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 6 cups cabbage shredded
- ☐ 2 kiwi fruit peeled chopped
- ☐ 1 cranberry-orange relish peeled chopped
- ☐ 1 tablespoon poppyseed
- ☐ 1 cup grapes red seedless
- ☐ 1.5 cups original slaw dressing marzetti®
- ☐ 1 cup strawberries hulled sliced

Equipment

Directions

- ☐ Toss together cabbage, fruits and poppyseed.
- ☐ Add slaw dressing, mix gently. Cover and chill before serving.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:3.71, Inflammation Score:-4, Nutrition Score:8.9634783812191%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.04mg, Naringenin: 2.04mg, Naringenin: 2.04mg, Naringenin: 2.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 198.07kcal (9.9%), Fat: 13.21g (20.32%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 17.18g (6.25%), Sugar: 15.23g (16.92%), Cholesterol: 15.38mg (5.13%), Sodium: 335.71mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin K: 66.57µg (63.4%), Vitamin C: 45.11mg (54.68%), Vitamin E: 1.55mg (10.37%), Manganese: 0.2mg (10.1%), Fiber: 2.37g (9.47%), Folate: 33.38µg (8.35%), Potassium: 196.74mg (5.62%), Vitamin B1: 0.08mg (5.04%), Vitamin B6: 0.09mg (4.7%), Phosphorus: 42.65mg (4.26%), Vitamin B2: 0.07mg (3.88%), Selenium: 2.68µg (3.83%), Calcium: 37mg (3.7%), Copper: 0.07mg (3.68%), Magnesium: 13.72mg (3.43%), Iron: 0.54mg (3%), Vitamin A: 121.79IU (2.44%), Vitamin B5: 0.24mg (2.36%), Vitamin B3: 0.37mg (1.86%), Zinc: 0.21mg (1.43%)