



Apple Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup canola oil
- ☐ 2 rib celery sliced
- ☐ 20 oz coleslaw mix shredded
- ☐ 2 tablespoons dijon mustard
- ☐ 4 green onions sliced
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 2 small pink lady apples chopped
- ☐ 0.8 teaspoon salt

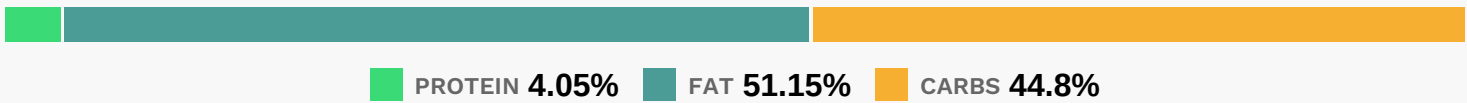
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients. Gradually add oil in a slow, steady stream, whisking constantly until blended. Stir together coleslaw mix and next 3 ingredients in a large bowl; add vinegar mixture, tossing to coat.
- ☐ Pear Coleslaw: Prepare recipe as directed, substituting Bosc pears for apples.
- ☐ Cranberry–Almond Coleslaw: Omit apples. Prepare recipe as directed, stirring in 1 cup chopped, smoked almonds and 3/4 cup sweetened dried cranberries.

Nutrition Facts



Properties

Glycemic Index:37.03, Glycemic Load:4.78, Inflammation Score:-4, Nutrition Score:8.1169564257497%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 120.9kcal (6.04%), Fat: 7.27g (11.19%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 11.32g (4.12%), Sugar: 10.68g (11.87%), Cholesterol: 0mg (0%), Sodium: 274.15mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin K: 72.33µg (68.88%), Vitamin C: 28.83mg (34.95%),

Fiber: 3.01g (12.05%), Vitamin E: 1.45mg (9.64%), Manganese: 0.18mg (9.16%), Folate: 35.9µg (8.98%), Vitamin B6: 0.11mg (5.55%), Potassium: 192.24mg (5.49%), Vitamin B1: 0.06mg (4%), Calcium: 38.62mg (3.86%), Magnesium: 13.99mg (3.5%), Iron: 0.57mg (3.18%), Vitamin A: 153.52IU (3.07%), Phosphorus: 29.76mg (2.98%), Vitamin B2: 0.05mg (2.8%), Selenium: 1.58µg (2.25%), Vitamin B5: 0.19mg (1.94%), Copper: 0.03mg (1.74%), Zinc: 0.21mg (1.37%), Vitamin B3: 0.26mg (1.3%)