



Apple Slaw



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 4 cups coleslaw mix (from 16-oz bag)
- ☐ 0.3 cup spring onion sliced (4 medium)
- ☐ 2 medium apples i use 2 granny smith apples cubed
- ☐ 3 tablespoons sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon apple pie spice
- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 tablespoons vegetable oil

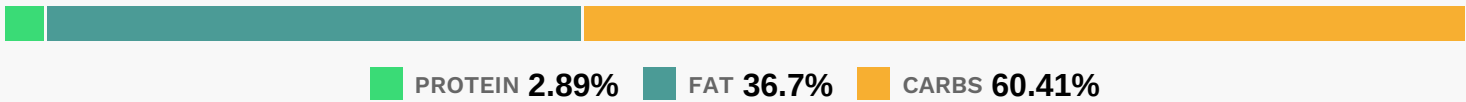
Equipment

☐ bowl

Directions

- ☐ In large bowl, toss salad ingredients to mix.
- ☐ In small bowl, mix dressing ingredients until well blended.
- ☐ Pour dressing over salad; toss gently to coat.
- ☐ Serve immediately, or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:4.3, Inflammation Score:-2, Nutrition Score:3.516086946363%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 65.75kcal (3.29%), Fat: 2.83g (4.36%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 8.85g (3.22%), Sugar: 8.35g (9.28%), Cholesterol: 0mg (0%), Sodium: 64.23mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin K: 32.27µg (30.74%), Vitamin C: 12.4mg (15.04%), Fiber: 1.65g (6.58%), Manganese: 0.08mg (4.05%), Folate: 14.74µg (3.69%), Potassium: 97.15mg (2.78%), Vitamin B6: 0.05mg (2.57%), Vitamin E: 0.34mg (2.3%), Vitamin B1: 0.02mg (1.65%), Calcium: 15.91mg (1.59%), Magnesium: 5.97mg (1.49%), Vitamin A: 72.15IU (1.44%), Vitamin B2: 0.02mg (1.38%), Iron: 0.23mg (1.3%), Phosphorus: 12.63mg (1.26%)