



Asian Slaw

 Vegetarian  Gluten Free  Low Fod Map

READY IN



70 min.

SERVINGS



12

CALORIES



89 kcal

SIDE DISH

Ingredients

- 11 oz mandarin orange segments drained canned
- 0.5 cup classic catalina dressing kraft
- 32 oz coleslaw blend (cabbage slaw mix)
- 0.3 cup miracle whip dressing
- 0.3 cup planters honey roasted peanuts
- 2 Tbsp soya sauce

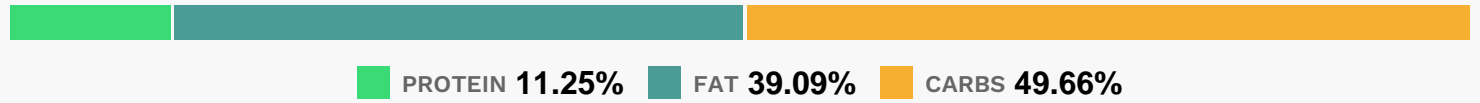
Equipment

- bowl

Directions

- Combine coleslaw blend and oranges in large bowl.
- Mix dressings and soy sauce.
- Add to coleslaw; toss to coat.
- Refrigerate 1 hour.
- Sprinkle with nuts just before serving.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:8.2873913593914%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 89.14kcal (4.46%), Fat: 4.05g (6.24%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 8.9g (3.24%), Sugar: 7.92g (8.8%), Cholesterol: 0.48mg (0.16%), Sodium: 370.56mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Vitamin K: 57.46µg (54.72%), Vitamin C: 36.48mg (44.22%), Manganese: 0.23mg (11.57%), Fiber: 2.69g (10.75%), Folate: 39.46µg (9.86%), Vitamin A: 418.7IU (8.37%), Vitamin B6: 0.12mg (6.06%), Potassium: 204.29mg (5.84%), Vitamin B1: 0.08mg (5.57%), Vitamin B3: 1.02mg (5.08%), Magnesium: 19.94mg (4.99%), Phosphorus: 42.37mg (4.24%), Calcium: 38.33mg (3.83%), Iron: 0.6mg (3.31%), Copper: 0.06mg (2.79%), Vitamin B2: 0.05mg (2.72%), Zinc: 0.37mg (2.45%), Vitamin B5: 0.23mg (2.28%), Vitamin E: 0.15mg (1.02%)