

Aw-some Cole Slaw

 Vegetarian  Gluten Free

READY IN



495 min.

SERVINGS



12

CALORIES



106 kcal

SIDE DISH

Ingredients

- 9.5 cups cabbage shredded
- 0.5 cup carrots grated
- 2.5 tablespoons juice of lemon
- 0.5 cup mayonnaise
- 0.3 cup milk
- 12 servings salt and pepper to taste
- 0.3 cup onion sweet minced
- 1.5 tablespoons vinegar

0.3 cup sugar white

Equipment

bowl

whisk

Directions

Whisk together mayonnaise, sugar, milk, lemon juice, vinegar, and salt and pepper in a large bowl.

Toss the cabbage, carrots, and onion into the dressing; mix well. Refrigerate for at least 3 hours or up to overnight before serving.

Nutrition Facts



PROTEIN 3.85% **FAT 59.54%** **CARBS 36.61%**

Properties

Glycemic Index:24.91, Glycemic Load:4.97, Inflammation Score:-6, Nutrition Score:6.5695652961731%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 106.06kcal (5.3%), Fat: 7.24g (11.14%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 8.44g (3.07%), Sugar: 8.12g (9.02%), Cholesterol: 4.53mg (1.51%), Sodium: 269.04mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin K: 58.06µg (55.29%), Vitamin C: 21.97mg (26.63%), Vitamin A: 959.82IU (19.2%), Folate: 26.7µg (6.68%), Fiber: 1.57g (6.3%), Manganese: 0.1mg (5.09%), Vitamin B6: 0.09mg (4.28%), Potassium: 128.14mg (3.66%), Calcium: 32.08mg (3.21%), Vitamin B1: 0.04mg (2.88%), Vitamin E: 0.43mg (2.88%), Phosphorus: 24.6mg (2.46%), Vitamin B2: 0.04mg (2.13%), Magnesium: 8.51mg (2.13%), Vitamin B5: 0.17mg (1.74%), Iron: 0.31mg (1.73%), Zinc: 0.15mg (1.03%)