



## Bacon and Honey-Mustard Coleslaw

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



37 kcal

SIDE DISH

### Ingredients

- 1 cup carrots shredded
- 16 oz coleslaw mix (8 cups)
- 4 strips bacon cooked chopped
- 0.5 medium cucumber quartered cut into 1/4-inch slices (1 cup)
- 0.3 cup dijon honey mustard
- 12 oz optional: lemon yoplait®
- 4 teaspoons juice of lemon
- 2 teaspoons lemon zest grated

- 0.5 cup bell pepper red chopped
- 1.5 teaspoons lawry's seasoned salt
- 1 cup zucchini shredded

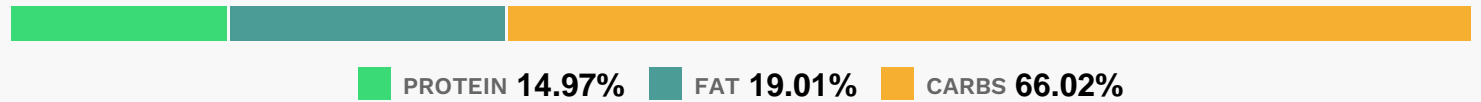
## Equipment

- bowl

## Directions

- In medium bowl, mix dressing ingredients until well blended and smooth.
- In large bowl, mix all salad ingredients except bacon.
- Add dressing; toss to mix well.
- Serve immediately or refrigerate until serving time. Spoon into serving bowl; sprinkle with bacon.

## Nutrition Facts



## Properties

Glycemic Index:11.15, Glycemic Load:1.12, Inflammation Score:-8, Nutrition Score:6.1813043325168%

## Flavonoids

Eriodictyol: 4.6mg, Eriodictyol: 4.6mg, Eriodictyol: 4.6mg, Eriodictyol: 4.6mg Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg, Hesperetin: 6.11mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 37.35kcal (1.87%), Fat: 0.87g (1.33%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3.11g (3.46%), Cholesterol: 1.98mg (0.66%), Sodium: 283.07mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin C: 30.47mg (36.93%), Vitamin A: 1535.69IU (30.71%), Vitamin K: 23.62µg (22.49%), Fiber: 1.78g (7.11%), Folate: 21.21µg (5.3%), Vitamin B6: 0.1mg (5.21%), Manganese: 0.09mg (4.39%), Potassium: 153.44mg (4.38%), Vitamin B1: 0.05mg (3.38%), Phosphorus: 26.94mg (2.69%), Magnesium: 9.51mg (2.38%), Vitamin B3: 0.46mg (2.31%), Calcium: 22.72mg (2.27%), Vitamin B2:

0.04mg (2.24%), Iron: 0.37mg (2.06%), Vitamin B5: 0.19mg (1.93%), Selenium: 1.22µg (1.75%), Vitamin E: 0.22mg (1.49%), Copper: 0.03mg (1.45%), Zinc: 0.19mg (1.29%)