



WHATSheATE



Bacon and Honey-Mustard Coleslaw



Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 12 oz yogurt yoplait®
- ☐ 0.3 cup dijon honey mustard
- ☐ 1.5 teaspoons lawry's seasoned salt
- ☐ 4 teaspoons juice of lemon
- ☐ 2 teaspoons lemon zest grated
- ☐ 16 oz coleslaw mix (8 cups)
- ☐ 1 cup zucchini shredded
- ☐ 1 cup carrots shredded

- ☐ 0.5 medium cucumber quartered cut into 1/4-inch slices (1 cup)
- ☐ 0.5 cup bell pepper red chopped
- ☐ 4 strips bacon cooked chopped

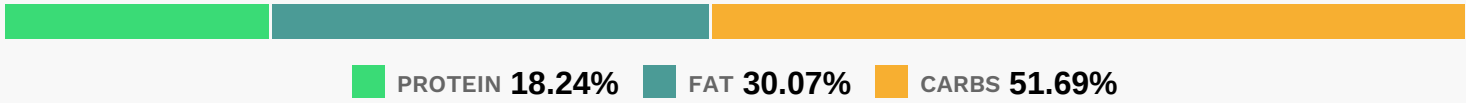
Equipment

- ☐ 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:10.74, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:5.7865217541871%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 44.15kcal (2.21%), Fat: 1.49g (2.3%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 4.59g (1.67%), Sugar: 3.57g (3.97%), Cholesterol: 4.74mg (1.58%), Sodium: 292.43mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin A: 1552.06IU (31.04%), Vitamin C: 19.31mg (23.4%), Vitamin K: 23.66µg (22.53%), Folate: 20.36µg (5.09%), Fiber: 1.18g (4.73%), Vitamin B6: 0.09mg (4.7%), Potassium: 157.06mg (4.49%), Phosphorus: 43.73mg (4.37%), Calcium: 42.92mg (4.29%), Manganese: 0.08mg (4.12%), Vitamin B2: 0.06mg (3.77%), Vitamin B1: 0.05mg (3.22%), Magnesium: 10.36mg (2.59%), Vitamin

B5: 0.24mg (2.35%), Selenium: 1.6µg (2.29%), Vitamin B3: 0.46mg (2.28%), Zinc: 0.31mg (2.04%), Vitamin B12: 0.1µg (1.67%), Iron: 0.25mg (1.41%), Vitamin E: 0.2mg (1.36%), Copper: 0.02mg (1.15%)