



Blue Cheese-Bacon Slaw

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 24 ounce broccoli coleslaw mix
- ☐ 6 bacon crumbled cooked
- ☐ 1 small onion chopped
- ☐ 16 ounce ranch dressing

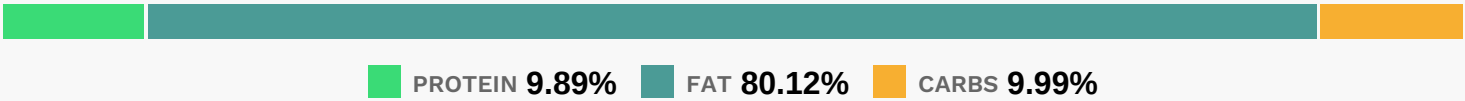
Equipment

- ☐ bowl

Directions

- ☐
- Stir together Ranch dressing and blue cheese in a large bowl. Rinse slaw mix with cold water; drain well.
- ☐
- Combine slaw mix, onion, and bacon; toss. Top with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:15.949565327686%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 358.77kcal (17.94%), Fat: 32.49g (49.98%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.97g (3.26%), Sugar: 3.11g (3.46%), Cholesterol: 33.34mg (11.11%), Sodium: 829.03mg (36.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.05%), Vitamin C: 79.91mg (96.86%), Vitamin K: 76.42µg (72.78%), Phosphorus: 252.72mg (25.27%), Folate: 70.39µg (17.6%), Calcium: 148.47mg (14.85%), Selenium: 10.07µg (14.38%), Vitamin B2: 0.23mg (13.6%), Vitamin B5: 1.28mg (12.77%), Manganese: 0.23mg (11.64%), Potassium: 398.61mg (11.39%), Vitamin B6: 0.22mg (11.14%), Vitamin A: 492.89IU (9.86%), Vitamin E: 1.33mg (8.85%), Magnesium: 30.71mg (7.68%), Zinc: 1.08mg (7.23%), Vitamin B1: 0.11mg (7.09%), Vitamin B3: 1.39mg (6.93%), Vitamin B12: 0.37µg (6.13%), Iron: 1.05mg (5.81%), Copper: 0.07mg (3.28%), Vitamin D: 0.17µg (1.1%)