



Blue Cheese Coleslaw

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 2 ounces cheese blue crumbled
- 1 pound cabbage shredded finely
- 0.8 teaspoon celery seeds
- 0.1 teaspoon mustard dry
- 1 garlic clove minced
- 2 tablespoons onion finely chopped
- 0.3 teaspoon pepper

- 0.1 teaspoon salt
- 0.3 cup cup heavy whipping cream fat-free sour
- 1 tablespoon sugar

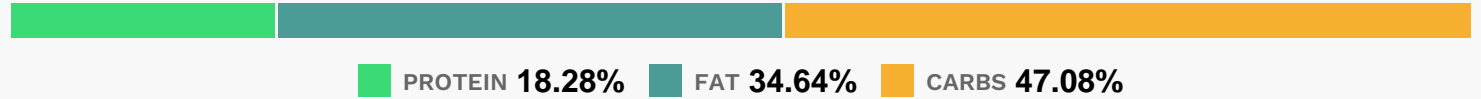
Equipment

- bowl
- whisk

Directions

- Combine first 8 ingredients in a bowl; gradually add sour cream, stirring with a wire whisk until blended. Cover and chill at least 1 hour.
- Combine cabbage and cheese; chill 1 hour.
- Pour vinegar mixture over cabbage mixture; toss gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:2.71, Inflammation Score:-4, Nutrition Score:7.7921740127646%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg, Luteolin: 1.98mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 72.1kcal (3.61%), Fat: 2.88g (4.43%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 6.8g (2.47%), Sugar: 4.68g (5.2%), Cholesterol: 7.95mg (2.65%), Sodium: 185.28mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin K: 57.84µg (55.09%), Vitamin C: 28.12mg (34.08%), Calcium: 99.26mg (9.93%), Folate: 37.72µg (9.43%), Manganese: 0.18mg (9.2%), Fiber: 2.01g (8.05%), Phosphorus: 69.51mg (6.95%), Vitamin B6: 0.12mg (6.21%), Potassium: 182.38mg (5.21%), Vitamin B2: 0.08mg

(4.91%), Vitamin B1: 0.06mg (3.77%), Magnesium: 14.43mg (3.61%), Vitamin A: 171.34IU (3.43%), Selenium: 2.33µg (3.33%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.47mg (3.14%), Iron: 0.54mg (3%), Vitamin B12: 0.14µg (2.4%), Vitamin B3: 0.3mg (1.49%), Copper: 0.03mg (1.4%)