



Blue Cheese Coleslaw

 Vegetarian  Gluten Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- 0.3 cup cheese blue crumbled ()
- 2 cups cabbage shredded ()
- 1 carrots shredded ()
- 1 handful parsley chopped ()
- 2 tablespoons grainy mustard
- 1 juice of lemon (juice)
- 0.3 cup mayonnaise
- 4 servings salt and pepper to taste

0.3 cup cup heavy whipping cream sour

Equipment

bowl

Directions

Mix the cabbage and carrot in a large bowl.

Mix the mayo, sour cream, mustard, lemon juice, salt and pepper in a bowl.

Mix everything together.

Cover and let mellow in the fridge for a few hours.

Nutrition Facts

 **PROTEIN 7.28%** **FAT 80.63%** **CARBS 12.09%**

Properties

Glycemic Index:57.96, Glycemic Load:1.12, Inflammation Score:-9, Nutrition Score:9.9143479168415%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 175.03kcal (8.75%), Fat: 16.03g (24.67%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.76g (3.07%), Cholesterol: 20.69mg (6.9%), Sodium: 484.14mg (21.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Vitamin K: 68.36µg (65.11%), Vitamin A: 2835.01IU (56.7%), Vitamin C: 18.1mg (21.94%), Calcium: 85.9mg (8.59%), Phosphorus: 70.24mg (7.02%), Selenium: 4.76µg (6.8%), Fiber: 1.68g (6.72%), Folate: 26.09µg (6.52%), Manganese: 0.12mg (5.77%), Vitamin B2: 0.09mg (5.23%), Potassium: 175.22mg (5.01%), Vitamin E: 0.73mg (4.89%), Vitamin B6: 0.09mg (4.75%), Vitamin B5: 0.37mg (3.7%), Vitamin B1: 0.05mg (3.66%), Magnesium: 14.1mg (3.53%), Zinc: 0.46mg (3.04%), Iron: 0.46mg (2.58%), Vitamin B12: 0.15µg (2.5%), Vitamin B3: 0.39mg (1.97%), Copper: 0.03mg (1.53%)