



Blue Cheese Slaw



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



7

CALORIES



43 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 0.3 cup cheese dressing fresh blue reduced-fat such as Naturally
- ☐ 3 cups d cabbage-and-carrot coleslaw
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup bell pepper diced green

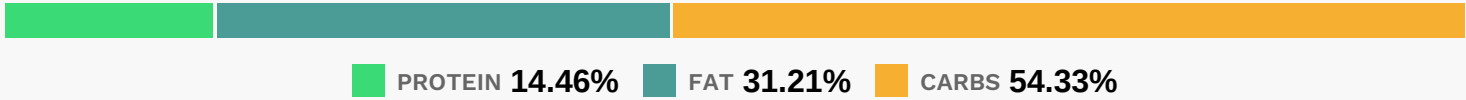
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Add dressing and black pepper, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:21.12, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:7.7178261024149%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 43.35kcal (2.17%), Fat: 1.57g (2.41%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 4.39g (1.6%), Sugar: 3.16g (3.52%), Cholesterol: 1.62mg (0.54%), Sodium: 176.35mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin A: 9232.52IU (184.65%), Vitamin K: 10.54µg (10.04%), Vitamin C: 7.77mg (9.42%), Fiber: 1.76g (7.04%), Potassium: 210.27mg (6.01%), Manganese: 0.1mg (5.08%), Vitamin B6: 0.1mg (4.94%), Calcium: 42.78mg (4.28%), Phosphorus: 39.53mg (3.95%), Folate: 14.63µg (3.66%), Vitamin B2: 0.06mg (3.34%), Vitamin B3: 0.61mg (3.07%), Vitamin B1: 0.04mg (2.92%), Vitamin E: 0.44mg (2.91%), Magnesium: 9.31mg (2.33%), Vitamin B5: 0.21mg (2.08%), Copper: 0.03mg (1.68%), Zinc: 0.23mg (1.54%), Iron: 0.27mg (1.49%)