

Bromley Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



472 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons celery seed
- ☐ 16 ounce coleslaw mix shredded
- ☐ 1 bunch green onions chopped
- ☐ 0.5 cup honey
- ☐ 2 cups mayonnaise
- ☐ 8 servings salt and pepper to taste

Equipment

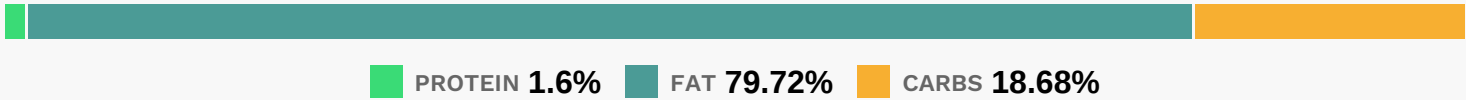
- ☐ bowl

whisk

Directions

- In a large bowl, whisk together the mayonnaise and honey.
- Mix in the coleslaw mix, celery seed, and green onions. Season with salt and pepper. Chill in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:10.13, Inflammation Score:-4, Nutrition Score:10.213913077893%

Flavonoids

Apigenin: 2.4mg, Apigenin: 2.4mg, Apigenin: 2.4mg, Apigenin: 2.4mg Luteolin: 22.93mg, Luteolin: 22.93mg, Luteolin: 22.93mg, Luteolin: 22.93mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 472.1kcal (23.61%), Fat: 42.71g (65.71%), Saturated Fat: 6.64g (41.49%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 20.64g (7.5%), Sugar: 19.62g (21.8%), Cholesterol: 23.52mg (7.84%), Sodium: 565.72mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.85%), Vitamin K: 140.58µg (133.89%), Vitamin C: 21.93mg (26.59%), Manganese: 0.34mg (17.19%), Vitamin E: 1.97mg (13.14%), Iron: 1.87mg (10.37%), Calcium: 83.72mg (8.37%), Fiber: 1.89g (7.57%), Folate: 29.82µg (7.46%), Vitamin B6: 0.11mg (5.42%), Magnesium: 21.59mg (5.4%), Potassium: 168.93mg (4.83%), Phosphorus: 44.87mg (4.49%), Copper: 0.07mg (3.64%), Vitamin B1: 0.05mg (3.47%), Vitamin B2: 0.05mg (3.09%), Zinc: 0.45mg (3.02%), Selenium: 2.01µg (2.87%), Vitamin A: 123.44IU (2.47%), Vitamin B5: 0.23mg (2.33%), Vitamin B3: 0.27mg (1.33%), Vitamin B12: 0.07µg (1.12%)