



Buttermilk Dressing Coleslaw

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



140 kcal

SIDE DISH

Ingredients

- 0.3 cup buttermilk
- 20 ounce cabbage shredded finely
- 1 carrots shredded
- 2.5 tablespoons juice of lemon
- 0.5 cup mayonnaise
- 0.3 cup milk
- 0.1 teaspoon pepper
- 0.5 teaspoon salt

- 0.5 cup sugar
- 1.5 tablespoons vinegar white

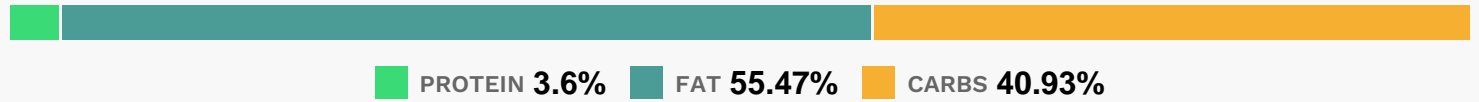
Equipment

- bowl
- whisk

Directions

- Whisk together first 8 ingredients in a large bowl until blended.
- Add cabbage and shredded carrot to bowl, and toss to coat. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:8.23, Inflammation Score:-7, Nutrition Score:7.1773913865504%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 140.04kcal (7%), Fat: 8.88g (13.67%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 13.14g (4.78%), Sugar: 12.83g (14.25%), Cholesterol: 6.1mg (2.03%), Sodium: 210.62mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin K: 62.23µg (59.27%), Vitamin C: 22.56mg (27.35%), Vitamin A: 1102.05IU (22.04%), Folate: 27.15µg (6.79%), Fiber: 1.61g (6.42%), Manganese: 0.11mg (5.32%), Vitamin B6: 0.09mg (4.36%), Calcium: 40.64mg (4.06%), Potassium: 139.87mg (4%), Vitamin E: 0.51mg (3.37%), Vitamin B1: 0.05mg (3.13%), Phosphorus: 30.93mg (3.09%), Vitamin B2: 0.05mg (2.92%), Magnesium: 9.27mg (2.32%), Vitamin B5: 0.21mg (2.07%), Iron: 0.32mg (1.79%), Zinc: 0.19mg (1.23%), Vitamin B12: 0.07µg (1.23%), Selenium: 0.85µg (1.21%), Vitamin D: 0.17µg (1.12%), Vitamin B3: 0.21mg (1.04%)