



## Cabbage-Pineapple Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



107 kcal

SIDE DISH

### Ingredients

- 3 cups cabbage shredded finely
- 0.5 cup celery chopped
- 0.3 cup golden raisins
- 0.3 cup mayonnaise light
- 8 ounce dole pineapple tidbits undrained canned
- 1.5 cups delicious apples red chopped ( 2 medium)

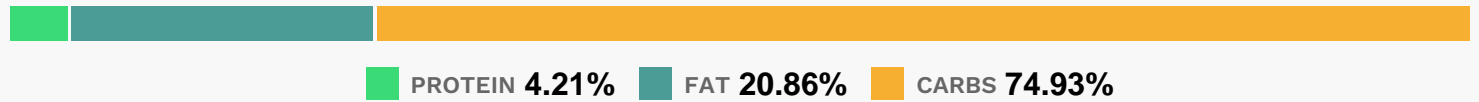
### Equipment

- bowl

## Directions

- Drain pineapple, reserving 3 tablespoons juice.
- Combine drained pineapple, shredded cabbage, and next 3 ingredients in a large bowl.
- Combine reserved pineapple juice and mayonnaise; add to cabbage mixture, tossing gently. Cover and chill.
- To serve, spoon mixture into a cabbage leaf-lined bowl, and garnish with apple slices, if desired (cabbage leaves and apple slices not included in analysis).
- Tip: This tasty chilled salad is a cross between Waldorf salad and coleslaw.

## Nutrition Facts



## Properties

Glycemic Index:32.93, Glycemic Load:5.12, Inflammation Score:-3, Nutrition Score:6.2399999317916%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

## Nutrients (% of daily need)

Calories: 107.18kcal (5.36%), Fat: 2.69g (4.14%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 18.78g (6.83%), Sugar: 16.54g (18.38%), Cholesterol: 1.79mg (0.6%), Sodium: 109.96mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Vitamin K: 42.29µg (40.28%), Vitamin C: 21.91mg (26.55%), Fiber: 2.99g (11.97%), Potassium: 251.59mg (7.19%), Vitamin B6: 0.13mg (6.63%), Folate: 25.75µg (6.44%), Manganese: 0.11mg (5.69%), Vitamin B1: 0.08mg (5.46%), Copper: 0.1mg (4.93%), Magnesium: 17.59mg (4.4%), Calcium: 34.86mg (3.49%), Vitamin B2: 0.06mg (3.28%), Phosphorus: 30.66mg (3.07%), Iron: 0.54mg (2.97%), Vitamin E: 0.42mg (2.81%), Vitamin A: 137.28IU (2.75%), Vitamin B3: 0.38mg (1.89%), Vitamin B5: 0.15mg (1.53%), Zinc: 0.18mg (1.2%)