



Cajun Coleslaw



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

Ingredients



16 oz coleslaw mix



6 tablespoons dijon mustard



0.5 cup bell pepper red



1 cup mayonnaise



0.5 teaspoon salt

Equipment

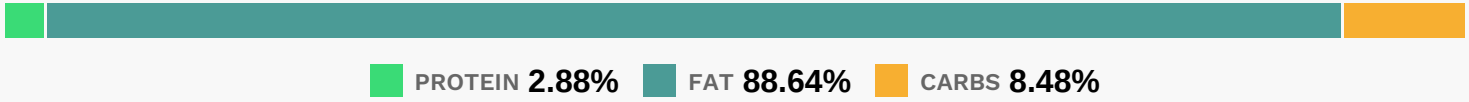


bowl

Directions

- ☐
- Stir together mayonnaise, red pepper jelly, Creole mustard, and salt in a large bowl. Reserve half of mixture.
- ☐
- Add coleslaw mix to remaining mayonnaise mixture, stirring until well coated.
- ☐
- Serve reserved mayo mixture with po'boys.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:9.0156520838323%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 213.86kcal (10.69%), Fat: 21.41g (32.94%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 2.51g (0.91%), Sugar: 2.52g (2.81%), Cholesterol: 11.76mg (3.92%), Sodium: 457.47mg (19.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin K: 89.36µg (85.1%), Vitamin C: 32.72mg (39.66%), Fiber: 2.1g (8.39%), Vitamin E: 1.19mg (7.93%), Folate: 30.85µg (7.71%), Manganese: 0.15mg (7.52%), Vitamin A: 373.33IU (7.47%), Selenium: 4.65µg (6.64%), Vitamin B6: 0.11mg (5.37%), Vitamin B1: 0.06mg (4.25%), Potassium: 138.54mg (3.96%), Phosphorus: 35.19mg (3.52%), Magnesium: 13.61mg (3.4%), Calcium: 32.75mg (3.27%), Iron: 0.55mg (3.03%), Vitamin B2: 0.04mg (2.55%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.24mg (1.6%), Vitamin B3: 0.29mg (1.43%), Copper: 0.03mg (1.31%)