



Cajun Coleslaw Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup veganaise (I used Earth Balance Mindful Mayo)
- ☐ 0.5 tablespoon apple cider vinegar
- ☐ 0.5 teaspoon cajun spice to taste
- ☐ 0.5 teaspoon dash of stevia extract pure
- ☐ 1 romaine heart washed and sliced into small pieces
- ☐ 2 cups coleslaw mix fresh (cabbage and carrots)
- ☐ 1 green onion minced

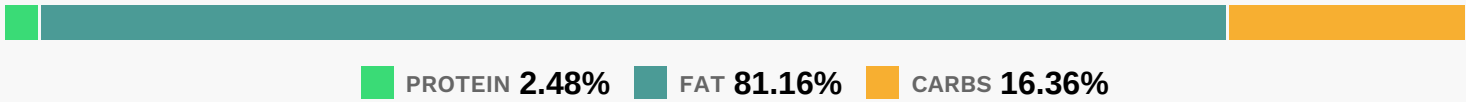
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together the mayo, vinegar or lemon juice, seasoning, and sweetener until smooth.
- ☐ Put the lettuce, coleslaw mix, tomato, olives, and green onion in a large salad bowl, and toss to combine.
- ☐ Drizzle on the dressing, and stir to coat.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:4.6043478140365%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 102.02kcal (5.1%), Fat: 9.1g (13.99%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.31g (1.45%), Cholesterol: 0mg (0%), Sodium: 87.54mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Vitamin K: 40.19µg (38.27%), Vitamin C: 13.66mg (16.55%), Vitamin A: 797.04IU (15.94%), Folate: 26.61µg (6.65%), Fiber: 1.19g (4.75%), Manganese: 0.08mg (4.01%), Vitamin B6: 0.06mg (2.79%), Potassium: 92.14mg (2.63%), Vitamin B1: 0.03mg (1.92%), Calcium: 19.17mg (1.92%), Iron: 0.33mg (1.85%), Magnesium: 6.32mg (1.58%), Vitamin B2: 0.02mg (1.42%), Phosphorus: 13.24mg (1.32%), Vitamin E: 0.15mg (1.01%)