

Caraway Coleslaw

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

43 kcal

SIDE DISH

Ingredients

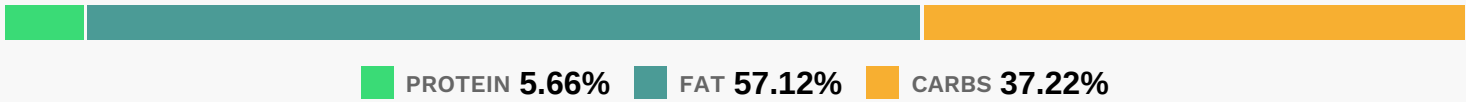
- ☐ 3 cups cabbage shredded
- ☐ 0.5 teaspoon caraway seeds
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon vinegar white

Equipment

Directions

- ☐ Combine cabbage and bell pepper.
- ☐ Combine mayonnaise and next 4 ingredients, stirring well.
- ☐ Pour mayonnaise mixture over cabbage. Toss well. Cover and chill.
- ☐ carbo rating: 5

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:4.1904347538948%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 43.17kcal (2.16%), Fat: 2.84g (4.38%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.02g (1.1%), Sugar: 2.2g (2.44%), Cholesterol: 1.99mg (0.66%), Sodium: 206.57mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin K: 34.2µg (32.57%), Vitamin C: 22.83mg (27.67%), Fiber: 1.15g (4.6%), Folate: 16.81µg (4.2%), Manganese: 0.08mg (3.8%), Vitamin B6: 0.07mg (3.6%), Vitamin E: 0.38mg (2.5%), Potassium: 87.42mg (2.5%), Vitamin B1: 0.03mg (2%), Vitamin A: 89.56IU (1.79%), Calcium: 17.36mg (1.74%), Magnesium: 6.15mg (1.54%), Phosphorus: 14.5mg (1.45%), Iron: 0.25mg (1.41%), Vitamin B2: 0.02mg (1.07%)