



WHATSheATE



Carrot-Cabbage Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups cabbage shredded
- ☐ 0.8 cup carrots shredded
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup pineapple in juice crushed drained
- ☐ 0.3 cup delicious apple red grated

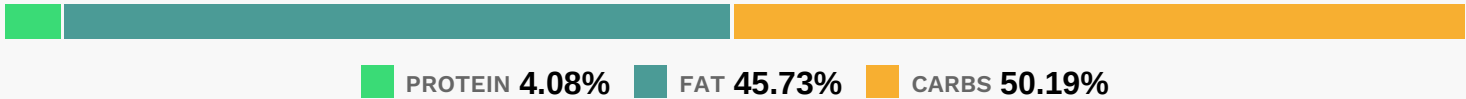
Equipment

- ☐ bowl

Directions

- ☐ Combine first 6 ingredients in a medium bowl; toss well. Cover and chill thoroughly.
- ☐ Spoon coleslaw into a cabbage-lined bowl before serving, if desired.
- ☐ carbo rating: 7

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:7.1852172483569%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 60.3kcal (3.02%), Fat: 3.22g (4.96%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.39g (2.32%), Sugar: 4.86g (5.4%), Cholesterol: 2.24mg (0.75%), Sodium: 136.51mg (5.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin A: 4050.78IU (81.02%), Vitamin K: 27.56µg (26.25%), Vitamin C: 12.3mg (14.9%), Fiber: 1.56g (6.26%), Potassium: 144.58mg (4.13%), Folate: 16.08µg (4.02%), Vitamin B6: 0.07mg (3.7%), Manganese: 0.07mg (3.67%), Vitamin E: 0.52mg (3.47%), Vitamin B1: 0.04mg (2.94%), Magnesium: 8.1mg (2.02%), Calcium: 20.01mg (2%), Phosphorus: 18.14mg (1.81%), Vitamin B3: 0.33mg (1.66%), Vitamin B2: 0.03mg (1.63%), Copper: 0.03mg (1.62%), Iron: 0.24mg (1.32%), Vitamin B5: 0.13mg (1.3%)