



## Cauliflower Coleslaw

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

### Ingredients

- 1 cup cauliflower florets fresh chopped
- 3.5 cups coleslaw mix (from 16-ounce bag)
- 1 tablespoon dijon mustard
- 0.3 cup vanilla yogurt light fat free yoplait®
- 3 tablespoons spring onion chopped
- 0.3 cup mayonnaise reduced-fat
- 1 tablespoon sugar

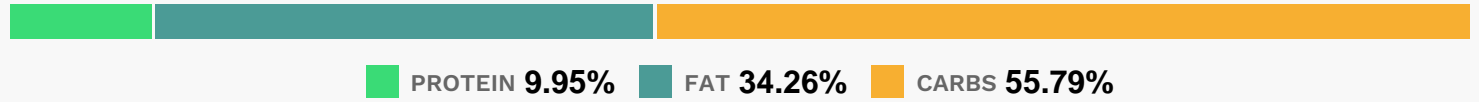
### Equipment

bowl

## Directions

- Mix mayonnaise, yogurt, sugar and mustard in small bowl.
- Mix remaining ingredients in large bowl.
- Add mayonnaise mixture to coleslaw; toss gently to mix thoroughly.

## Nutrition Facts



## Properties

Glycemic Index:35.02, Glycemic Load:2.2, Inflammation Score:-3, Nutrition Score:5.6895651376766%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 56.47kcal (2.82%), Fat: 2.28g (3.5%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 6.8g (2.47%), Sugar: 6g (6.66%), Cholesterol: 1.7mg (0.57%), Sodium: 123.46mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin K: 44.99µg (42.85%), Vitamin C: 23.62mg (28.63%), Folate: 30.45µg (7.61%), Fiber: 1.54g (6.16%), Manganese: 0.11mg (5.53%), Vitamin B6: 0.09mg (4.46%), Potassium: 154.02mg (4.4%), Calcium: 39.83mg (3.98%), Phosphorus: 35.31mg (3.53%), Vitamin B1: 0.04mg (2.96%), Vitamin B2: 0.05mg (2.89%), Selenium: 1.96µg (2.8%), Magnesium: 10.92mg (2.73%), Vitamin B5: 0.21mg (2.13%), Vitamin E: 0.31mg (2.07%), Iron: 0.37mg (2.04%), Vitamin A: 79.46IU (1.59%), Zinc: 0.23mg (1.52%), Vitamin B3: 0.22mg (1.1%), Copper: 0.02mg (1.08%)