Cheese & chive coleslaw

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
15 min.	4	258 kcal

SIDE DISH

Ingredients

- [ ] 1 cabbage white
- [ ] 1 carrots grated
- [ ] 1 onion red halved thinly sliced
- [ ] 3 tbsp mayonnaise
- [ ] 3 tbsp natural yogurt low-fat
- [ ] 1 tsp dijon mustard
- [ ] 20 g pack chives
- [ ] 100 g mature cheddar grated reduced-fat

Equipment

- [ ] mixing bowl

Directions

- [ ] Cut the cabbage in half, then cut it into quarters.
- [ ] Remove and discard core, then thinly shred cabbage. Put into a large mixing bowl.
- [ ] Add the carrot, onion, mayonnaise, yogurt and mustard. Snip in most of the chives.
- [ ] Mix coleslaw well with your hands, making sure every bit of salad is coated in the dressing. Season, then cover and chill or serve sprinkled with the cheese and the remaining chives.

Nutrition Facts

PROTEIN **15.25%** FAT **56.25%** CARBS **28.5%**

Properties

Glycemic Index:67.96, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:23.043913151907%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 258.1kcal (12.9%), Fat: 16.84g (25.91%), Saturated Fat: 6.26g (39.16%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 12.46g (4.53%), Sugar: 10.46g (11.62%), Cholesterol: 30.25mg (10.08%), Sodium: 306.11mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.56%), Vitamin K: 202.81µg (193.15%), Vitamin C: 89.05mg (107.94%), Vitamin A: 3254.09IU (65.08%), Calcium: 312.57mg (31.26%), Folate: 118.49µg (29.62%), Fiber: 6.75g (26.99%), Manganese: 0.45mg (22.41%), Phosphorus: 214.86mg (21.49%), Vitamin B6: 0.37mg (18.44%), Potassium: 547.94mg (15.66%), Vitamin B2: 0.26mg (15.17%), Selenium: 9.11µg (13.02%), Vitamin B1: 0.18mg (12.16%), Magnesium: 43.92mg (10.98%), Zinc: 1.59mg (10.63%), Vitamin B5: 0.79mg (7.86%), Iron: 1.34mg (7.47%), Vitamin E: 0.99mg (6.62%), Vitamin B12: 0.36µg (6.02%), Copper: 0.08mg (4.08%), Vitamin B3: 0.78mg (3.91%), Vitamin D: 0.17µg (1.14%)