



WHATSheATE



Chipotle-Cilantro Slaw



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots shredded
- ☐ 2 chipotles in adobo canned finely chopped
- ☐ 16 oz coleslaw mix shredded
- ☐ 0.5 cup cilantro leaves fresh minced
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 0.3 cup mayonnaise

- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons cream sour
- ☐ 1 tablespoon sugar

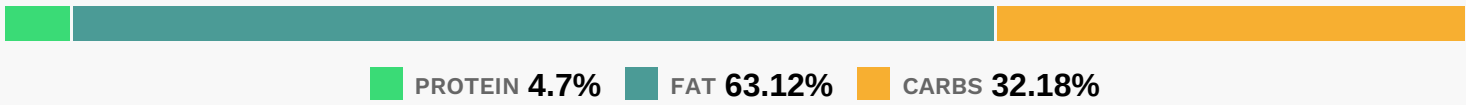
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 8 ingredients in a large bowl.
- ☐ Add coleslaw mix and remaining ingredients, and stir until coated.
- ☐ Serve immediately, or cover and chill up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:38.37, Glycemic Load:2.16, Inflammation Score:-7, Nutrition Score:7.1930435539588%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 80.91kcal (4.05%), Fat: 5.91g (9.09%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 4.69g (1.71%), Sugar: 4.14g (4.6%), Cholesterol: 4.71mg (1.57%), Sodium: 206.91mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 58.88µg (56.08%), Vitamin A: 1422.99IU (28.46%), Vitamin C: 22.7mg (27.52%), Fiber: 2.09g (8.35%), Folate: 27.4µg (6.85%), Manganese: 0.12mg (6.22%), Vitamin B6: 0.09mg (4.3%), Potassium: 138mg (3.94%), Calcium: 30.8mg (3.08%), Vitamin B1: 0.04mg (2.85%), Vitamin E:

0.41mg (2.74%), Iron: 0.44mg (2.44%), Phosphorus: 22.51mg (2.25%), Magnesium: 8.93mg (2.23%), Vitamin B2: 0.04mg (2.13%), Vitamin B5: 0.18mg (1.76%), Vitamin B3: 0.23mg (1.14%), Copper: 0.02mg (1.08%), Zinc: 0.15mg (1.01%)