



Classic Coleslaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 6 cups coleslaw mix
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.7 cup nonfat mayonnaise plain
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons citrus champagne vinegar

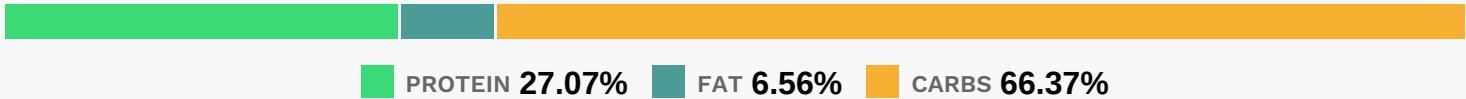
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, combine yogurt, mustard, and vinegar.
- ☐ Add coleslaw mix and onions, and stir to combine.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:7.8017391743867%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 38.08kcal (1.9%), Fat: 0.3g (0.46%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 6.74g (2.24%), Net Carbohydrates: 4.66g (1.7%), Sugar: 4.5g (5%), Cholesterol: 0.54mg (0.18%), Sodium: 283.42mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin K: 61.95µg (59%), Vitamin C: 26.69mg (32.36%), Folate: 36.38µg (9.1%), Calcium: 88.74mg (8.87%), Fiber: 2.07g (8.29%), Manganese: 0.14mg (7.18%), Phosphorus: 68.28mg (6.83%), Potassium: 209.41mg (5.98%), Vitamin B2: 0.1mg (5.78%), Vitamin B6: 0.11mg (5.36%), Vitamin B1: 0.07mg (4.5%), Magnesium: 17.01mg (4.25%), Selenium: 2.92µg (4.16%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.44mg (2.94%), Iron: 0.52mg (2.88%), Vitamin B12: 0.17µg (2.77%), Vitamin A: 115.6IU (2.31%), Copper: 0.03mg (1.26%), Vitamin B3: 0.25mg (1.24%)