



Coleslaw Deluxe (Makeover)

 Vegetarian  Vegan  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- 0.8 cup salad dressing reduced-fat
- 2 tablespoons sugar
- 1 tablespoon apple cider vinegar
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon celery seed
- 0.3 teaspoon pepper freshly ground
- 1.5 lb cabbage shredded
- 1 cup carrots shredded (2 medium)

0.5 cup spring onion chopped (8 medium)

1 cup zucchini shredded (1 small)

Equipment

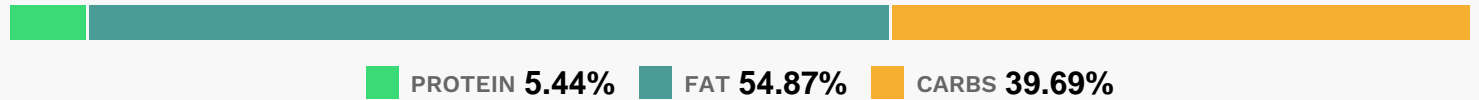
bowl

Directions

In large bowl, mix dressing ingredients until well blended.

Add salad ingredients; toss to mix well. Refrigerate at least 30 minutes to blend flavors.

Nutrition Facts



Properties

Glycemic Index:34.99, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:12.601739201857%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 120.2kcal (6.01%), Fat: 7.63g (11.74%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 9.47g (3.44%), Sugar: 7.96g (8.85%), Cholesterol: 7.88mg (2.63%), Sodium: 316.69mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Vitamin K: 115.35µg (109.86%), Vitamin A: 2891.65IU (57.83%), Vitamin C: 36.11mg (43.77%), Folate: 47.35µg (11.84%), Fiber: 2.94g (11.78%), Manganese: 0.22mg (10.95%), Vitamin B6: 0.16mg (7.9%), Potassium: 269.23mg (7.69%), Calcium: 50.37mg (5.04%), Phosphorus: 49.9mg (4.99%), Vitamin B1: 0.07mg (4.89%), Magnesium: 16.92mg (4.23%), Iron: 0.71mg (3.95%), Vitamin B2: 0.06mg (3.76%), Vitamin B5: 0.26mg (2.61%), Vitamin B3: 0.46mg (2.32%), Copper: 0.04mg (1.99%), Vitamin E: 0.29mg (1.92%), Zinc: 0.28mg (1.84%)