



Coleslaw I



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 1 medium head cabbage shredded
- ☐ 1 carrots shredded
- ☐ 1 cup cider vinegar
- ☐ 3 tablespoons onion dried minced
- ☐ 2 cups mayonnaise
- ☐ 12 servings salt and pepper to taste
- ☐ 0.5 cup sugar white

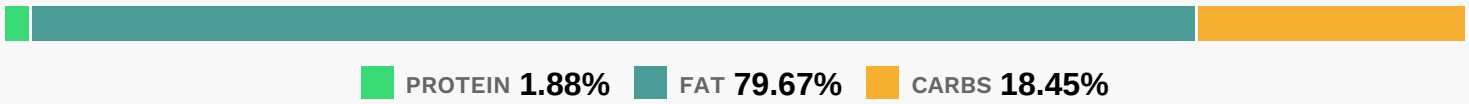
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine shredded cabbage and carrot.
- ☐ In a large empty mayonnaise jar, add the 2 cups mayonnaise, vinegar, sugar and dry onion flakes. Shake well until blended.
- ☐ Pour dressing mixture over cabbage and carrots and toss well. Chill and serve.

Nutrition Facts



Properties

Glycemic Index:20.91, Glycemic Load:7.26, Inflammation Score:-7, Nutrition Score:10.103912959928%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 315.5kcal (15.77%), Fat: 28.05g (43.15%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 12.47g (4.53%), Sugar: 11.74g (13.04%), Cholesterol: 15.68mg (5.23%), Sodium: 449.33mg (19.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin K: 119.08µg (113.41%), Vitamin C: 28.93mg (35.07%), Vitamin A: 947.87IU (18.96%), Manganese: 0.2mg (9.94%), Folate: 37.44µg (9.36%), Vitamin E: 1.37mg (9.16%), Fiber: 2.15g (8.6%), Vitamin B6: 0.12mg (6.19%), Potassium: 187.39mg (5.35%), Vitamin B1: 0.06mg (3.97%), Calcium: 39.74mg (3.97%), Phosphorus: 34.67mg (3.47%), Magnesium: 12.21mg (3.05%), Iron: 0.51mg (2.86%), Vitamin B5: 0.26mg (2.56%), Vitamin B2: 0.04mg (2.54%), Selenium: 1.22µg (1.75%), Zinc: 0.24mg (1.58%), Copper: 0.03mg (1.56%), Vitamin B3: 0.24mg (1.2%)