



Coleslaw Raita With Mint



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups coleslaw mix
- ☐ 1.5 tablespoons cranberries dried
- ☐ 2 garlic clove finely minced peeled
- ☐ 1 teaspoon honey
- ☐ 2 cups yogurt plain low-fat
- ☐ 0.3 cup mint leaves finely minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon sea salt

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0.3 cup walnut pieces lightly toasted finely chopped

Equipment

☐

bowl

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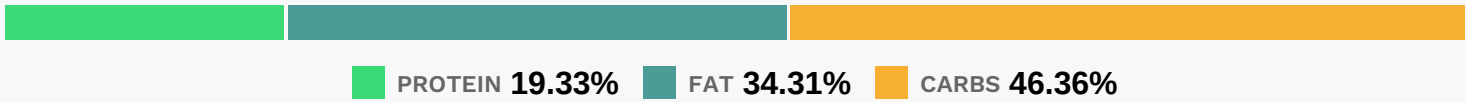
whisk

Directions

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In a large bowl, combine yogurt, garlic, mint, honey, sea salt, and pepper; mix well with a whisk.
Stir in walnut pieces, dried cranberries, and coleslaw mix. Toss until thoroughly combined.

Nutrition Facts



Properties

Glycemic Index:44.57, Glycemic Load:2.03, Inflammation Score:-5, Nutrition Score:13.264782573866%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 169.66kcal (8.48%), Fat: 6.84g (10.52%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 17.95g (6.53%), Sugar: 16.59g (18.43%), Cholesterol: 7.35mg (2.45%), Sodium: 245.34mg (10.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.33%), Vitamin K: 54.3µg (51.71%), Vitamin C: 28.08mg (34.03%), Calcium: 270.15mg (27.01%), Manganese: 0.46mg (22.87%), Phosphorus: 224.97mg (22.5%), Vitamin B2: 0.31mg (18.39%), Folate: 54.05µg (13.51%), Potassium: 465.27mg (13.29%), Vitamin B12: 0.69µg (11.43%), Fiber: 2.83g (11.32%), Magnesium: 43.88mg (10.97%), Vitamin B6: 0.21mg (10.56%), Zinc: 1.5mg (10.01%), Vitamin B5: 0.95mg (9.48%), Vitamin B1: 0.13mg (8.51%), Copper: 0.17mg (8.26%), Selenium: 4.88µg (6.97%), Vitamin A: 252.83IU (5.06%), Iron: 0.85mg (4.73%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.31mg (2.09%)