



Coleslaw Toss

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



38 kcal

SIDE DISH

Ingredients

- 3 cups coleslaw blend () (cabbage slaw mix)
- 0.3 cup miracle whip dressing light
- 0.3 cup dole pineapple tidbits with 2 tbsp. juice reserved canned drained

Equipment

Directions

- Combine ingredients.

Refrigerate 30 min.

Nutrition Facts

PROTEIN 7.64% **FAT 10.79%** **CARBS 81.57%**

Properties

Glycemic Index:11, Glycemic Load:0.76, Inflammation Score:-2, Nutrition Score:4.7173913678397%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 38.34kcal (1.92%), Fat: 0.5g (0.78%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 6.71g (2.44%), Sugar: 6.13g (6.81%), Cholesterol: 1.43mg (0.48%), Sodium: 135.23mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Vitamin K: 40.04µg (38.13%), Vitamin C: 21.07mg (25.54%), Fiber: 1.87g (7.49%), Folate: 23.56µg (5.89%), Manganese: 0.08mg (4.2%), Vitamin B6: 0.08mg (3.99%), Vitamin B1: 0.05mg (3.48%), Potassium: 121.51mg (3.47%), Calcium: 25.11mg (2.51%), Magnesium: 9.26mg (2.31%), Iron: 0.32mg (1.78%), Phosphorus: 15.83mg (1.58%), Copper: 0.03mg (1.55%), Vitamin B2: 0.03mg (1.48%), Vitamin A: 72.3IU (1.45%), Vitamin B5: 0.11mg (1.11%)