



Coleslaw with a Difference!

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

Ingredients

- 16 ounce coleslaw mix shredded
- 1 tablespoon juice of lemon
- 0.5 cup mayonnaise
- 2 tablespoons olive oil
- 0.5 cup salsa
- 0.5 teaspoon lawry's seasoned salt

Equipment

- bowl

Directions

In a large bowl, combine coleslaw, seasoning salt, lemon juice, olive oil, mayonnaise and salsa. Toss well and serve.

Nutrition Facts

 **PROTEIN 2.95%**  **FAT 84.75%**  **CARBS 12.3%**

Properties

Glycemic Index:23.5, Glycemic Load:1.73, Inflammation Score:-5, Nutrition Score:11.911304352076%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 290.88kcal (14.54%), Fat: 28.13g (43.27%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 5.75g (2.09%), Sugar: 5.12g (5.69%), Cholesterol: 11.76mg (3.92%), Sodium: 702.27mg (30.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin K: 137.4µg (130.86%), Vitamin C: 43.57mg (52.82%), Vitamin E: 2.5mg (16.66%), Fiber: 3.43g (13.72%), Folate: 52.21µg (13.05%), Manganese: 0.22mg (11.07%), Vitamin B6: 0.2mg (10.09%), Potassium: 286.22mg (8.18%), Calcium: 57.17mg (5.72%), Vitamin A: 285.56IU (5.71%), Vitamin B1: 0.08mg (5.62%), Magnesium: 19mg (4.75%), Phosphorus: 46.06mg (4.61%), Iron: 0.77mg (4.29%), Vitamin B2: 0.06mg (3.63%), Vitamin B5: 0.36mg (3.59%), Vitamin B3: 0.63mg (3.16%), Copper: 0.05mg (2.44%), Zinc: 0.31mg (2.09%), Selenium: 1.28µg (1.83%)