



Coleslaw with Apple and Yogurt Dressing



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce broccoli slaw
- ☐ 0.5 cup carrots shredded
- ☐ 1 teaspoon garlic grated
- ☐ 1 apple green cored
- ☐ 8 servings pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup nonfat greek yogurt

- ☐ 8 cups cabbage mixed shredded green red
- ☐ 0.5 cup spring onion thinly sliced (4)
- ☐ 2 tablespoons vinegar white

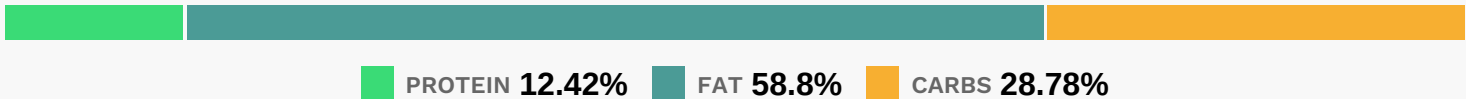
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine red and green cabbages, broccolislaw, carrots, and scallions in a large bowl.Toss to mix well.
- ☐ Whisk yogurt, mayonnaise, vinegar,lemon juice, and garlic in a medium bowluntil smooth. Season to taste with saltand pepper. DO AHEAD: Slaw mixture anddressing can be made 8 hours ahead.Cover separately and chill.
- ☐ No more than 20 minutes before serving,cut core from apple and cut apple intomatchstick-size pieces.
- ☐ Add apple to slawmixture and toss to evenly incorporate.
- ☐ Add dressing (adding earlier will result ina soggy slaw) and toss to evenly coat.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:14.753043431303%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg

0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 158.91kcal (7.95%), Fat: 10.86g (16.71%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 9.24g (3.36%), Sugar: 6.08g (6.76%), Cholesterol: 7.13mg (2.38%), Sodium: 128.91mg (5.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin K: 90.68µg (86.37%), Vitamin C: 68.79mg (83.38%), Vitamin A: 1660.57IU (33.21%), Folate: 69.35µg (17.34%), Manganese: 0.26mg (13.17%), Fiber: 2.72g (10.89%), Potassium: 367.29mg (10.49%), Vitamin B6: 0.2mg (10.08%), Vitamin B2: 0.17mg (9.88%), Phosphorus: 91.86mg (9.19%), Calcium: 87.26mg (8.73%), Magnesium: 25.69mg (6.42%), Selenium: 4.41µg (6.3%), Vitamin B1: 0.09mg (6.08%), Vitamin B5: 0.53mg (5.29%), Iron: 0.91mg (5.07%), Vitamin E: 0.7mg (4.66%), Zinc: 0.51mg (3.39%), Vitamin B12: 0.19µg (3.2%), Vitamin B3: 0.63mg (3.13%), Copper: 0.06mg (2.86%)