



Coleslaw with Creamy Basil Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients



1 sprigs basil fresh



1 cup carrots finely chopped



2 tablespoons basil fresh chopped



2 cups cabbage shredded green



1 teaspoons honey



1 cup cabbage shredded red



0.3 cup onion red finely chopped



0.3 cup salad dressing

- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons balsamic vinegar white
- ☐ 1 cup bell pepper yellow finely chopped

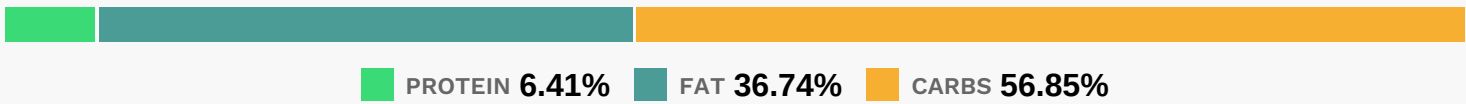
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, mix cabbages, carrots, bell pepper and onion.
- ☐ In small bowl, mix mayonnaise, vinegar, honey, basil and salt until well blended.
- ☐ Add to cabbage mixture; toss to coat. Refrigerate until serving. Spoon into serving bowl.
- ☐ Garnish with basil sprigs.

Nutrition Facts



Properties

Glycemic Index:49.01, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:8.4239129760991%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 51.26kcal (2.56%), Fat: 2.19g (3.37%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.23g (2.27%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 152.32mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 48.42mg (58.69%), Vitamin A: 2894.7IU (57.89%), Vitamin K: 28.28µg (26.93%), Manganese: 0.12mg (6.19%), Vitamin B6: 0.11mg (5.6%), Fiber: 1.39g (5.54%), Potassium: 170.15mg (4.86%), Folate: 18.89µg (4.72%), Vitamin B1: 0.04mg (2.54%), Magnesium: 10mg (2.5%), Vitamin E: 0.37mg (2.44%), Calcium: 24.24mg (2.42%), Iron: 0.4mg (2.21%), Phosphorus: 22.09mg (2.21%), Vitamin B3: 0.44mg (2.18%), Copper: 0.04mg (2.02%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.15mg

(1.02%)