



Coleslaw with Garden Vegetables

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce angel hair cabbage slaw shredded
- ☐ 0.8 teaspoon celery seeds
- ☐ 0.3 bell pepper green
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 purple onion
- ☐ 0.3 bell pepper red
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 1 tablespoon sugar

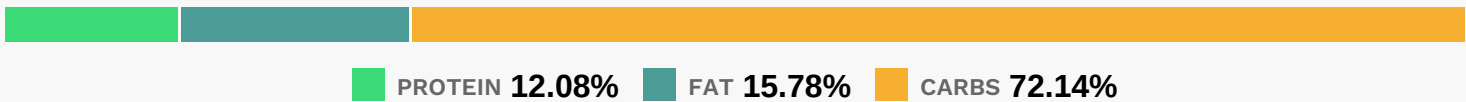
Equipment

- ☐ bowl

Directions

- ☐ Chop bell peppers and onion. Reserve remaining red bell pepper for Week 2 and remaining green bell pepper for Oregano–Feta Dressing.
- ☐ Stir together mayonnaise and next 6 ingredients in a large bowl.
- ☐ Add bell pepper, onion, and slaw, tossing well to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:53.27, Glycemic Load:23.63, Inflammation Score:-5, Nutrition Score:10.976086831611%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 3.26mg, Luteolin: 3.26mg, Luteolin: 3.26mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 336.81kcal (16.84%), Fat: 5.87g (9.03%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 57.62g (20.95%), Sugar: 6.39g (7.1%), Cholesterol: 7.27mg (2.42%), Sodium: 278.82mg (12.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Selenium: 45.72µg (65.31%), Manganese: 0.71mg (35.75%), Vitamin C: 19.1mg (23.16%), Phosphorus: 154.42mg (15.44%), Copper: 0.23mg (11.31%), Fiber: 2.75g (11%), Magnesium: 43.81mg (10.95%), Vitamin K: 8.71µg (8.29%), Vitamin B6: 0.16mg (7.87%), Zinc: 1.15mg (7.68%), Potassium: 245.51mg (7.01%), Vitamin B3: 1.35mg (6.76%), Iron: 1.21mg (6.7%), Vitamin A: 318.46IU (6.37%), Vitamin B1: 0.09mg (5.68%), Folate: 21.92µg (5.48%), Calcium: 46.31mg (4.63%), Vitamin B2: 0.07mg (4.29%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.06µg (1.01%)