



Coleslaw with Pineapple



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup pieces bell pepper red (2-inch)
- ☐ 8 ounces cabbage-and-carrot coleslaw mix
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup heavy whipping cream sour reduced-fat
- ☐ 8 ounce pineapple in juice crushed drained canned
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sugar

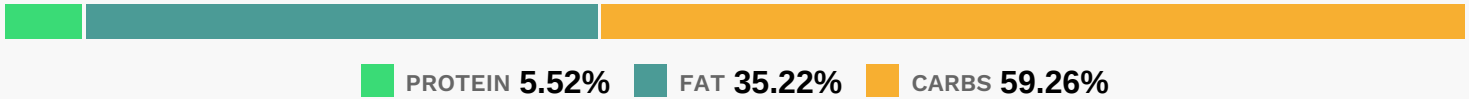
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a medium bowl, stirring with a whisk until blended.
- ☐ Combine coleslaw and red pepper in a large bowl; add mayonnaise mixture, tossing gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:24.35, Glycemic Load:2.05, Inflammation Score:-4, Nutrition Score:5.5808695839799%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 77.23kcal (3.86%), Fat: 3.2g (4.92%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 10.5g (3.82%), Sugar: 9.3g (10.33%), Cholesterol: 4.85mg (1.62%), Sodium: 141.12mg (6.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 28.07mg (34.02%), Vitamin K: 34.46µg (32.82%), Vitamin A: 353.09IU (7.06%), Fiber: 1.61g (6.44%), Folate: 23.38µg (5.84%), Vitamin B6: 0.1mg (5.07%), Vitamin B1: 0.07mg (4.71%), Potassium: 151.86mg (4.34%), Calcium: 35.87mg (3.59%), Manganese: 0.07mg (3.53%), Magnesium: 12.35mg (3.09%), Vitamin E: 0.43mg (2.85%), Copper: 0.05mg (2.63%), Vitamin B2: 0.04mg (2.47%), Phosphorus: 22.83mg (2.28%), Iron: 0.34mg (1.89%), Vitamin B3: 0.28mg (1.42%), Zinc: 0.18mg (1.21%), Selenium: 0.82µg (1.18%), Vitamin B5: 0.11mg (1.12%)