



Coleslaw with Shrimp

 Gluten Free

READY IN



8 min.

SERVINGS



5

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce cabbage shredded finely
- ☐ 1 teaspoon celery seeds
- ☐ 0.3 cup bell pepper green thinly sliced
- ☐ 0.3 teaspoon ground pepper
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup nonfat mayonnaise
- ☐ 0.3 cup nonfat cream sour
- ☐ 0.3 cup purple onion thinly sliced

- ☐ 0.3 teaspoon salt
- ☐ 8 ounces shrimp fresh deveined peeled
- ☐ 1 tablespoon sugar
- ☐ 4 cups water

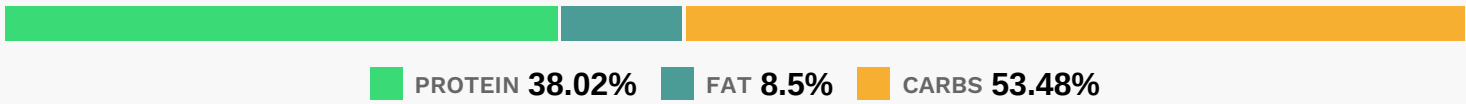
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water to a boil in a medium saucepan; add shrimp. Cook 3 to 5 minutes or until shrimp turn pink.
- ☐ Drain well; rinse with cold water.
- ☐ Combine mayonnaise and next 6 ingredients in a large bowl; stir with a wire whisk until smooth.
- ☐ Add shrimp, cabbage, green pepper, and onion; toss well. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:36.62, Glycemic Load:3.19, Inflammation Score:-4, Nutrition Score:11.017391116723%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg, Luteolin: 3.49mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 109.71kcal (5.49%), Fat: 1.1g (1.69%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 12.5g (4.55%), Sugar: 8.49g (9.43%), Cholesterol: 76.49mg (25.5%), Sodium: 401.01mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.13%), Vitamin K: 75.4µg (71.81%), Vitamin C: 43.34mg (52.53%), Phosphorus: 143.25mg (14.33%), Copper: 0.25mg (12.42%), Fiber: 3.07g (12.28%), Manganese: 0.23mg (11.46%), Folate: 44.82µg (11.2%), Calcium: 102.28mg (10.23%), Potassium: 346.06mg (9.89%), Magnesium: 34.67mg (8.67%), Vitamin B6: 0.15mg (7.49%), Zinc: 0.94mg (6.24%), Iron: 0.93mg (5.17%), Vitamin B1: 0.07mg (4.87%), Vitamin B2: 0.07mg (4.11%), Vitamin A: 157.02IU (3.14%), Vitamin B5: 0.22mg (2.23%), Selenium: 1.27µg (1.82%), Vitamin B3: 0.29mg (1.45%), Vitamin E: 0.19mg (1.29%)