

Confetti Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 11 oz mandarin orange segments divided drained canned
- ☐ 3 cups coleslaw mix
- ☐ 0.8 cup regular corn frozen cooked drained
- ☐ 4 tablespoons green onions divided chopped
- ☐ 0.3 cup bell pepper diced green
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon raspberry vinegar

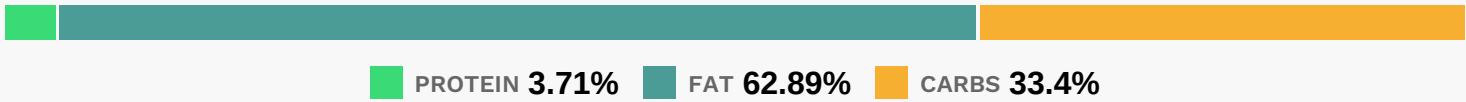
- ☐ 0.3 cup bell pepper diced red
- ☐ 2 tablespoons sugar

Equipment

Directions

- ☐ Combine coleslaw mix, 3 tablespoons green onions, red and green pepper, corn and oranges, reserving 6 orange segments for garnish.
- ☐ Mix together mayonnaise, sugar, vinegar and juice; blend well.
- ☐ Pour over salad and toss to coat well.
- ☐ Garnish with remaining green onions and reserved orange segments.
- ☐ Transfer to a pretty serving dish.

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:2.64, Inflammation Score:-6, Nutrition Score:7.241739048906%

Flavonoids

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 147.19kcal (7.36%), Fat: 10.68g (16.42%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 10.94g (3.98%), Sugar: 7.56g (8.4%), Cholesterol: 5.88mg (1.96%), Sodium: 97.3mg (4.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 49.55µg (47.19%), Vitamin C: 34.93mg (42.34%), Vitamin A: 739.91IU (14.8%), Fiber: 1.82g (7.27%), Folate: 25.03µg (6.26%), Vitamin B6: 0.1mg (5.24%), Potassium: 175.53mg (5.02%), Vitamin B1: 0.07mg (4.99%), Vitamin E: 0.67mg (4.45%), Manganese: 0.09mg (4.41%), Magnesium: 14.36mg (3.59%), Phosphorus: 31.06mg (3.11%), Vitamin B3: 0.58mg (2.9%), Vitamin B2: 0.05mg (2.79%), Zinc: 0.41mg (2.76%), Iron: 0.45mg (2.5%), Calcium: 20.14mg (2.01%), Copper: 0.04mg (1.93%),

Vitamin B5: 0.15mg (1.49%), Selenium: 0.72µg (1.04%)