



Contractor's Cole Slaw

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



80 min.

SERVINGS



12

CALORIES



158 kcal

SIDE DISH

Ingredients

- 6 cups cabbage shredded (1 head)
- 1 cup carrots shredded (2 to 3 carrots)
- 1 teaspoon celery seed
- 1 cup mayonnaise
- 12 servings salt and pepper black freshly ground
- 0.3 cup sugar
- 0.3 cup citrus champagne vinegar

Equipment

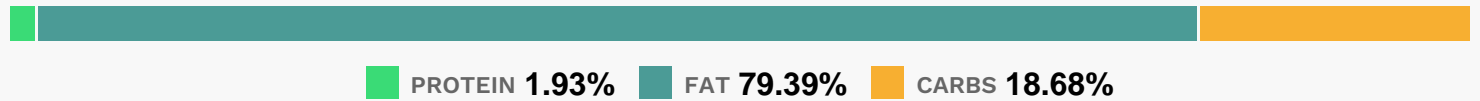
bowl

Directions

In a large bowl, combine cabbage and carrots. In a smaller bowl, make dressing by combining mayonnaise, vinegar, celery seed, sugar, salt and pepper. Toss dressing into cabbage mixture and let chill.

Serve in a family style bowl.

Nutrition Facts



Properties

Glycemic Index:20.24, Glycemic Load:3.82, Inflammation Score:-8, Nutrition Score:6.563478425793%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 157.95kcal (7.9%), Fat: 14.08g (21.66%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 6.24g (2.27%), Sugar: 5.89g (6.55%), Cholesterol: 7.84mg (2.61%), Sodium: 132.92mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Vitamin K: 58.6µg (55.81%), Vitamin A: 1829.04IU (36.58%), Vitamin C: 13.49mg (16.35%), Manganese: 0.1mg (5.02%), Vitamin E: 0.74mg (4.92%), Fiber: 1.22g (4.87%), Folate: 18.04µg (4.51%), Vitamin B6: 0.06mg (3.07%), Potassium: 103.05mg (2.94%), Calcium: 22.74mg (2.27%), Vitamin B1: 0.03mg (2.06%), Iron: 0.34mg (1.92%), Phosphorus: 18.22mg (1.82%), Magnesium: 6.77mg (1.69%), Vitamin B2: 0.03mg (1.48%), Vitamin B5: 0.14mg (1.37%)