



Corned Beef, Potato and Cabbage Salad

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



20

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup heinz apple cider vinegar
- 0.3 cup grey poupon harvest coarse ground mustard
- 0.5 lb corned beef ribs chopped
- 16 oz coleslaw blend (cabbage slaw mix)
- 2 lb new potatoes cooked quartered
- 0.5 cup olive oil

Equipment

- bowl

Directions

- Mix oil, vinegar and mustard in large bowl. Stir in coleslaw blend.
- Add remaining ingredients; toss to coat. Cover.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



PROTEIN 15.84% **FAT 34.77%** **CARBS 49.39%**

Properties

Glycemic Index:9.99, Glycemic Load:6.15, Inflammation Score:-2, Nutrition Score:5.4404347720354%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 75.76kcal (3.79%), Fat: 2.97g (4.57%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 7.76g (2.82%), Sugar: 1.15g (1.28%), Cholesterol: 6.12mg (2.04%), Sodium: 190.63mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 20.31mg (24.62%), Vitamin K: 18.81µg (17.91%), Vitamin B6: 0.2mg (9.88%), Potassium: 271.61mg (7.76%), Fiber: 1.74g (6.97%), Manganese: 0.13mg (6.63%), Selenium: 3.77µg (5.39%), Phosphorus: 49.74mg (4.97%), Vitamin B3: 0.97mg (4.85%), Folate: 17.87µg (4.47%), Magnesium: 16.88mg (4.22%), Vitamin B1: 0.06mg (4.19%), Iron: 0.73mg (4.06%), Zinc: 0.52mg (3.49%), Copper: 0.07mg (3.45%), Vitamin B12: 0.2µg (3.36%), Vitamin B2: 0.04mg (2.6%), Vitamin B5: 0.26mg (2.59%), Calcium: 18.14mg (1.81%), Vitamin E: 0.21mg (1.39%)