



Cranberry-Almond Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 1 cup almonds smoked chopped
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup canola oil
- ☐ 2 rib celery sliced
- ☐ 20 oz coleslaw mix shredded
- ☐ 2 tablespoons dijon mustard
- ☐ 4 green onions sliced
- ☐ 2 tablespoons honey

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup cranberries dried sweetened

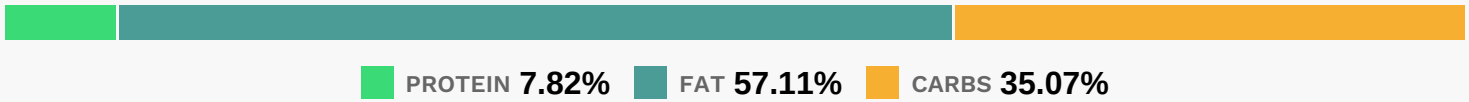
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients. Gradually add oil in a slow, steady stream, whisking constantly until blended. Stir together coleslaw mix and next 4 ingredients in a large bowl; add vinegar mixture, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:34.28, Glycemic Load:3.59, Inflammation Score:-5, Nutrition Score:13.493043536725%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 240.02kcal (12%), Fat: 16.25g (25.01%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 17.51g (6.37%), Sugar: 15.83g (17.59%), Cholesterol: 0mg (0%), Sodium: 274.52mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin K: 72.37µg (68.92%), Vitamin E: 6.19mg (41.29%),

Vitamin C: 27.14mg (32.9%), Manganese: 0.61mg (30.44%), Fiber: 4.96g (19.82%), Magnesium: 60.84mg (15.21%),
Vitamin B2: 0.24mg (14.4%), Phosphorus: 112.55mg (11.26%), Copper: 0.22mg (10.8%), Folate: 42.65µg (10.66%),
Calcium: 85.49mg (8.55%), Potassium: 288.97mg (8.26%), Iron: 1.23mg (6.86%), Vitamin B6: 0.12mg (6.23%),
Vitamin B1: 0.09mg (6.12%), Zinc: 0.76mg (5.07%), Vitamin B3: 0.94mg (4.68%), Selenium: 2.38µg (3.4%), Vitamin
B5: 0.28mg (2.8%), Vitamin A: 133.58IU (2.67%)