

Cranberry Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 1 large apples cored peeled chopped
- ☐ 4 cups cabbage shredded
- ☐ 1 cup cranberries halved
- ☐ 0.3 cup mayonnaise
- ☐ 2 oranges peeled thinly sliced
- ☐ 1 onion red thinly sliced
- ☐ 0.3 cup sugar white

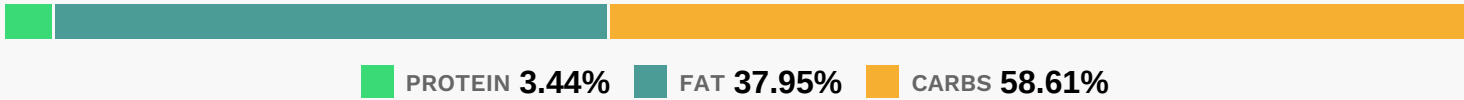
Equipment

bowl

Directions

- In a small bowl, toss together the cranberries and sugar. Cover and refrigerate.
- In a large bowl, toss together the oranges, onion, cabbage, apple and mayonnaise until evenly coated. When ready to serve add cranberry mixture and toss again.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:6.38, Inflammation Score:-3, Nutrition Score:5.0852175222143%

Flavonoids

Cyanidin: 4.99mg, Cyanidin: 4.99mg, Cyanidin: 4.99mg, Cyanidin: 4.99mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg, Hesperetin: 7.14mg Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg, Naringenin: 4.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 97.24kcal (4.86%), Fat: 4.33g (6.66%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 12.62g (4.59%), Sugar: 11.58g (12.87%), Cholesterol: 2.35mg (0.78%), Sodium: 41.51mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Vitamin C: 27.43mg (33.24%), Vitamin K: 31.44µg (29.95%), Fiber: 2.41g (9.64%), Folate: 23.04µg (5.76%), Manganese: 0.11mg (5.5%), Potassium: 144.16mg (4.12%), Vitamin B6: 0.08mg (3.95%), Vitamin B1: 0.05mg (3.37%), Vitamin E: 0.45mg (2.98%), Calcium: 26.85mg (2.68%), Magnesium: 8.85mg (2.21%), Vitamin A: 108.29IU (2.17%), Vitamin B2: 0.03mg (2.03%), Vitamin B5: 0.19mg (1.91%), Phosphorus: 18.87mg (1.89%), Copper: 0.03mg (1.72%), Iron: 0.24mg (1.36%)