



## Cranberry Walnut Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



65 kcal

SIDE DISH

### Ingredients

- 1 stalk celery chopped
- 16 ounce coleslaw mix shredded
- 0.5 cup cranberries dried
- 1.5 teaspoons mustard dry
- 16 servings ground pepper black to taste
- 1.5 teaspoons salt
- 0.5 large onion sweet chopped
- 0.5 cup vegetable oil

- 0.3 cup walnuts chopped
- 0.5 cup distilled vinegar white
- 0.3 cup sugar white

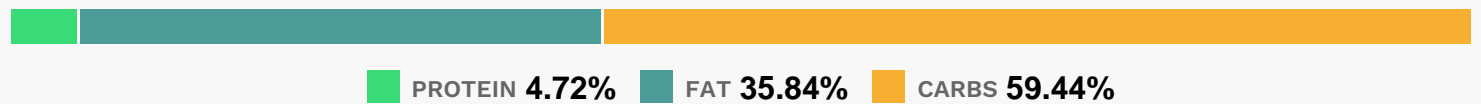
## Equipment

- bowl

## Directions

- In a large bowl, toss together the coleslaw mix, onion, celery, cranberries, and walnuts.
- Mix the vinegar, sugar, oil, salt, mustard, and pepper in a jar with a lid.
- Pour over the slaw mixture, and toss to coat. Refrigerate until serving.

## Nutrition Facts



## Properties

Glycemic Index:15.51, Glycemic Load:3.37, Inflammation Score:-2, Nutrition Score:3.4273913347203%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

## Nutrients (% of daily need)

Calories: 65.09kcal (3.25%), Fat: 2.72g (4.19%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.94g (3.25%), Sugar: 8.43g (9.37%), Cholesterol: 0mg (0%), Sodium: 226.42mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin K: 25.33µg (24.12%), Vitamin C: 10.99mg (13.33%), Manganese: 0.15mg (7.54%), Fiber: 1.21g (4.85%), Folate: 17.58µg (4.4%), Vitamin B6: 0.06mg (3.14%), Copper: 0.05mg (2.35%), Potassium: 79.92mg (2.28%), Magnesium: 8.6mg (2.15%), Vitamin B1: 0.03mg (2.03%), Phosphorus: 19.42mg (1.94%), Calcium: 18.14mg (1.81%), Vitamin E: 0.27mg (1.77%), Iron: 0.27mg (1.48%), Vitamin B2: 0.02mg (1.18%), Selenium: 0.72µg (1.03%)