



Creamy-and-Sweet Coleslaw

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons buttermilk
- ☐ 1 large carrots shredded finely
- ☐ 1 small bell pepper green finely chopped
- ☐ 1 medium size cabbage shredded green
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

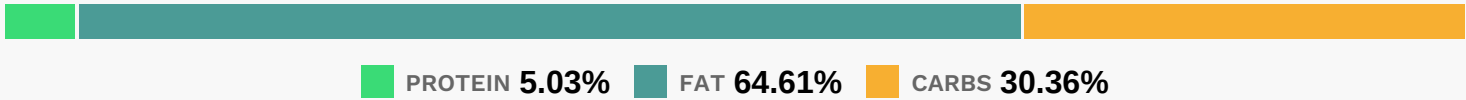
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ Stir together first 4 ingredients in a large bowl.
- ☐ Add cabbage, next 3 ingredients, and, if desired, pickles, tossing to coat. Cover and chill 8 hours.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:16.79, Glycemic Load:2.21, Inflammation Score:-6, Nutrition Score:6.862173874741%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 76.7kcal (3.84%), Fat: 5.74g (8.83%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 4.33g (1.58%), Sugar: 4.07g (4.52%), Cholesterol: 3.36mg (1.12%), Sodium: 102.66mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin K: 59.18µg (56.36%), Vitamin C: 27.18mg (32.94%), Vitamin A: 887.74IU (17.75%), Folate: 28.31µg (7.08%), Fiber: 1.74g (6.95%), Manganese: 0.11mg (5.54%), Vitamin B6: 0.09mg (4.75%), Potassium: 133.19mg (3.81%), Vitamin B1: 0.05mg (3%), Calcium: 29.35mg (2.93%), Vitamin E: 0.39mg (2.6%), Phosphorus: 21.83mg (2.18%), Magnesium: 8.73mg (2.18%), Vitamin B2: 0.03mg (1.99%), Iron: 0.33mg (1.86%), Vitamin B5: 0.17mg (1.69%), Vitamin B3: 0.22mg (1.08%)