



## Creamy Apple Cranberry Coleslaw

 Vegetarian  Gluten Free

READY IN



1 min.

SERVINGS



1

CALORIES



720 kcal

SIDE DISH

### Ingredients

- 1 medium apples crisp chopped (such as Granny Smith, Braeburn or Fuji)
- 2 Tbsp heinz distilled vinegar white
- 0.5 cup cranberries dried
- 16 oz coleslaw blend (cabbage slaw mix)
- 0.3 cup milk
- 1 cup miracle whip dressing
- 1.5 Tbsp sugar

### Equipment

bowl

whisk

## Directions

Whisk salad dressing, milk, vinegar and sugar together in a small bowl until well blended.

In a large bowl, add coleslaw blend, chopped apple and cranberries.

Pour prepared dressing over top and mix together until well combined.

Refrigerate until serving, approximately one hour.

## Nutrition Facts



**PROTEIN 4.58%** **FAT 11.97%** **CARBS 83.45%**

## Properties

Glycemic Index:234.09, Glycemic Load:26.88, Inflammation Score:-9, Nutrition Score:29.4378258871%

## Flavonoids

Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

## Nutrients (% of daily need)

Calories: 720.17kcal (36.01%), Fat: 10.32g (15.87%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 161.92g (53.97%), Net Carbohydrates: 138.15g (50.24%), Sugar: 124.62g (138.46%), Cholesterol: 30.27mg (10.09%), Sodium: 2119.85mg (92.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.79%), Vitamin K: 353.52µg (336.69%), Vitamin C: 174.51mg (211.52%), Fiber: 23.76g (95.06%), Folate: 200.5µg (50.13%), Manganese: 0.97mg (48.48%), Vitamin B6: 0.7mg (34.87%), Potassium: 1212.95mg (34.66%), Calcium: 290.11mg (29.01%), Vitamin B1: 0.35mg (23.31%), Phosphorus: 218.35mg (21.84%), Vitamin B2: 0.33mg (19.61%), Magnesium: 73.57mg (18.39%),

Vitamin A: 817.57IU (16.35%), Iron: 2.91mg (16.17%), Vitamin E: 2.31mg (15.41%), Vitamin B5: 1.43mg (14.32%), Copper: 0.18mg (8.86%), Vitamin B3: 1.62mg (8.12%), Zinc: 1.2mg (8.03%), Vitamin B12: 0.33µg (5.49%), Selenium: 3.14µg (4.49%), Vitamin D: 0.67µg (4.47%)