



Creamy Caesar Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



140 kcal

SIDE DISH

Ingredients

- 1 cup classic caesar dressing kraft
- 16 oz coleslaw blend (cabbage slaw mix)
- 0.5 cup grape tomatoes halved

Equipment

Directions

- Combine ingredients.

Nutrition Facts

PROTEIN 3.25% FAT 86.35% CARBS 10.4%

Properties

Glycemic Index:8.2, Glycemic Load:0.73, Inflammation Score:-2, Nutrition Score:5.5434782618414%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 140.05kcal (7%), Fat: 13.64g (20.99%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 2.36g (0.86%), Sugar: 2.31g (2.56%), Cholesterol: 9.16mg (3.06%), Sodium: 292.89mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Vitamin K: 59.74µg (56.89%), Vitamin C: 17.69mg (21.45%), Vitamin E: 1.22mg (8.15%), Fiber: 1.34g (5.36%), Folate: 21.09µg (5.27%), Manganese: 0.09mg (4.5%), Vitamin B6: 0.07mg (3.4%), Calcium: 30.17mg (3.02%), Potassium: 101.58mg (2.9%), Iron: 0.49mg (2.71%), Vitamin A: 114.5IU (2.29%), Vitamin B1: 0.03mg (2.19%), Phosphorus: 18.05mg (1.8%), Magnesium: 6.73mg (1.68%), Vitamin B2: 0.02mg (1.29%), Vitamin B5: 0.12mg (1.22%)