



# Creamy Carolina Coleslaw

 Vegetarian  Gluten Free

| READY IN | SERVINGS | CALORIES |
|----------|----------|----------|
| ready    | servings | calories |
| 10 min.  | 8        | 291 kcal |

SIDE DISH

## Ingredients

- ☐ 0.5 teaspoon celery seeds
- ☐ 2 tablespoons cider vinegar
- ☐ 32 ounce coleslaw mix shredded
- ☐ 1 teaspoon mustard dry
- ☐ 0.1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tablespoons sugar

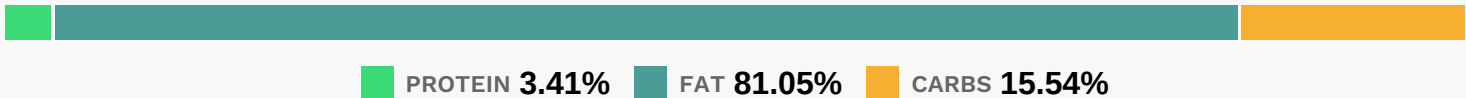
## Equipment

- ☐ bowl
- ☐ slotted spoon

## Directions

- ☐ Stir together first 10 ingredients in a large bowl.
- ☐ Add coleslaw mix, tossing well to coat. Cover and chill 1 hour.
- ☐ Serve with a slotted spoon.

## Nutrition Facts



## Properties

Glycemic Index:29.51, Glycemic Load:3.85, Inflammation Score:-5, Nutrition Score:11.64913041177%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 290.92kcal (14.55%), Fat: 26.78g (41.2%), Saturated Fat: 6.23g (38.93%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 8.63g (3.14%), Sugar: 7.89g (8.77%), Cholesterol: 28.72mg (9.57%), Sodium: 281.96mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Vitamin K: 132.47µg (126.17%), Vitamin C: 43.3mg (52.48%), Folate: 53.08µg (13.27%), Fiber: 2.92g (11.69%), Manganese: 0.23mg (11.41%), Vitamin E: 1.22mg (8.13%), Calcium: 80.63mg (8.06%), Vitamin B6: 0.16mg (7.95%), Potassium: 246.34mg (7.04%), Vitamin A: 309.6IU (6.19%), Phosphorus: 60.77mg (6.08%), Vitamin B2: 0.1mg (5.96%), Vitamin B1: 0.08mg (5.41%), Magnesium: 18.87mg (4.72%), Iron: 0.72mg (3.98%), Vitamin B5: 0.39mg (3.94%), Selenium: 2.62µg (3.74%), Zinc: 0.37mg (2.47%), Copper: 0.04mg (1.91%), Vitamin B12: 0.09µg (1.57%), Vitamin B3: 0.31mg (1.56%)