



Creamy Cole Slaw

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- 2 large carrots shredded finely
- 2 teaspoons celery salt
- 1 tablespoon mustard dry
- 1 head cabbage shredded green finely
- 0.8 cup best-quality mayonnaise
- 2 tablespoons onion spanish grated
- 8 servings salt and pepper freshly ground
- 2 tablespoons cup heavy whipping cream sour

- 2 tablespoons sugar to taste
- 2 tablespoons vinegar white

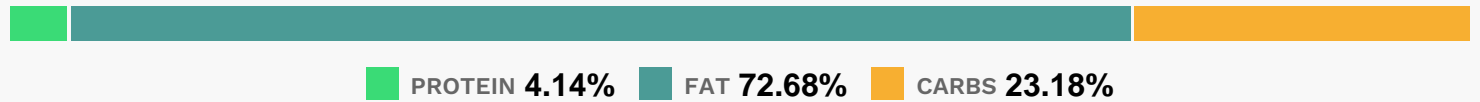
Equipment

- bowl
- whisk

Directions

- Watch how to make this recipe.
- Combine the shredded cabbage and carrots in a large bowl.
- Whisk together the mayonnaise, sour cream, onion, sugar, vinegar, mustard, celery salt, salt, and pepper in a medium bowl, and then add to the cabbage mixture.
- Mix well to combine and taste for seasoning; add more salt, pepper, or sugar if desired.

Nutrition Facts



Properties

Glycemic Index:35.99, Glycemic Load:4.43, Inflammation Score:-9, Nutrition Score:14.060434840296%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 202.21kcal (10.11%), Fat: 16.78g (25.81%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 8.54g (3.11%), Sugar: 7.87g (8.74%), Cholesterol: 10.59mg (3.53%), Sodium: 942.61mg (40.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin K: 122.97µg (117.11%), Vitamin A: 3150.97IU (63.02%), Vitamin C: 42.88mg (51.97%), Fiber: 3.49g (13.96%), Folate: 55.35µg (13.84%), Manganese: 0.24mg (11.91%), Vitamin B6: 0.17mg (8.75%), Potassium: 268.91mg (7.68%), Vitamin E: 1.03mg (6.89%), Vitamin B1: 0.09mg (6.13%), Calcium: 59.7mg (5.97%), Phosphorus: 50.63mg (5.06%), Magnesium: 19.84mg (4.96%), Iron: 0.73mg (4.05%), Selenium: 2.83µg (4.04%), Vitamin B2: 0.07mg (4.02%), Vitamin B5: 0.35mg (3.46%), Vitamin B3: 0.49mg

(2.45%), Zinc: 0.35mg (2.33%), Copper: 0.04mg (2.09%)