



Creamy Coleslaw



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



296 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds cabbage
- ☐ 1 large carrots
- ☐ 0.5 teaspoon celery seeds
- ☐ 16 ounce the dressing
- ☐ 0.5 cup dill pickle juice

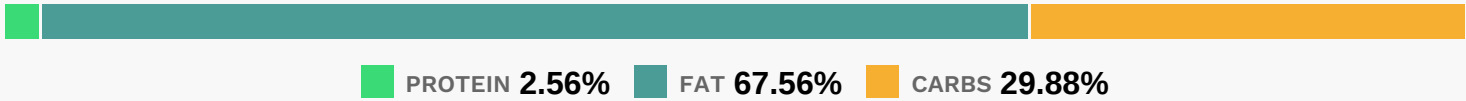
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Process cabbage and carrot in a food processor until grated. Stir together dressing, pickle juice, and celery seeds in a large bowl; add cabbage and carrot, and toss. Chill at least 1 hour.
- ☐ Note: We used Hidden Valley Cole Slaw Dressing.

Nutrition Facts



Properties

Glycemic Index:12.98, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:12.567826115567%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 295.68kcal (14.78%), Fat: 22.51g (34.64%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 19.67g (7.15%), Sugar: 17.34g (19.26%), Cholesterol: 26.57mg (8.86%), Sodium: 829.1mg (36.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin K: 118.06µg (112.44%), Vitamin C: 36.59mg (44.36%), Vitamin A: 1854.48IU (37.09%), Vitamin E: 2.21mg (14.74%), Manganese: 0.25mg (12.55%), Folate: 46.36µg (11.59%), Fiber: 2.73g (10.94%), Vitamin B6: 0.14mg (7.03%), Potassium: 222.83mg (6.37%), Vitamin B1: 0.09mg (5.91%), Phosphorus: 56.87mg (5.69%), Calcium: 50.63mg (5.06%), Selenium: 3.43µg (4.9%), Vitamin B2: 0.08mg (4.76%), Iron: 0.77mg (4.25%), Magnesium: 15.47mg (3.87%), Vitamin B5: 0.32mg (3.19%), Zinc: 0.31mg (2.09%), Vitamin B3: 0.37mg (1.86%), Copper: 0.04mg (1.84%)