



Creamy Coleslaw

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

Ingredients

- 4 cups cabbage shredded chopped finely
- 0.5 cup carrots shredded
- 0.5 teaspoon celery seed
- 2 teaspoons dijon mustard
- 2 teaspoons juice of lemon
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 cup salad dressing

- 0.3 teaspoon salt
- 0.3 cup cream sour
- 1 tablespoon sugar

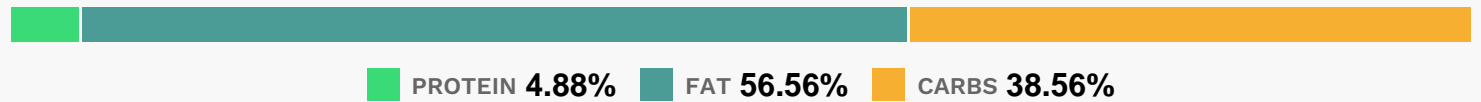
Equipment

- bowl

Directions

- Mix all ingredients except cabbage, carrot and onion in large glass or plastic bowl.
- Add remaining ingredients; toss until evenly coated.
- Cover and refrigerate at least 1 hour to blend flavors. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:31.49, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:5.440869577553%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 70.97kcal (3.55%), Fat: 4.64g (7.13%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 5.84g (2.12%), Sugar: 5.09g (5.66%), Cholesterol: 4.24mg (1.41%), Sodium: 246.76mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin K: 36.13µg (34.41%), Vitamin A: 1422.31IU (28.45%), Vitamin C: 14.29mg (17.32%), Manganese: 0.1mg (5.11%), Fiber: 1.27g (5.09%), Folate: 18.31µg (4.58%), Vitamin B6: 0.08mg (3.78%), Potassium: 119.51mg (3.41%), Vitamin E: 0.46mg (3.09%), Calcium: 30.37mg (3.04%), Vitamin B1: 0.04mg (2.43%), Phosphorus: 23.25mg (2.32%), Magnesium: 8.45mg (2.11%), Vitamin B2: 0.03mg (1.99%), Iron: 0.33mg (1.81%), Selenium: 1.15µg (1.64%), Vitamin B5: 0.13mg (1.33%), Vitamin B3: 0.2mg (1.02%),

Copper: 0.02mg (1.01%)