



Creamy Coleslaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 medium carrots shredded
- ☐ 2 tablespoons apple cider vinegar
- ☐ 8 cups cabbage green cored thinly sliced quartered
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cream sour
- ☐ 0.8 teaspoon sugar

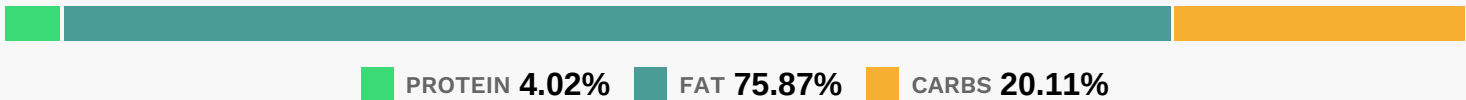
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together mayonnaise, sour cream, vinegar, sugar, salt, and pepper in a large bowl until combined well, then toss with cabbage and carrots.
- ☐ Let stand, uncovered, at room temperature, tossing occasionally, until wilted, about 30 minutes.
- ☐ Serve at room temperature or chilled.
- ☐ Coleslaw can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:35.37, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:11.38956513353%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 138.85kcal (6.94%), Fat: 12g (18.46%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 7.15g (2.38%), Net Carbohydrates: 4.73g (1.72%), Sugar: 4.04g (4.49%), Cholesterol: 10.12mg (3.37%), Sodium: 265.07mg (11.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin A: 3944.66IU (78.89%), Vitamin K: 79.35µg (75.57%), Vitamin C: 27.03mg (32.77%), Fiber: 2.42g (9.69%), Folate: 35.6µg (8.9%), Manganese: 0.17mg (8.61%), Vitamin B6: 0.12mg (6.14%), Potassium: 208.42mg (5.95%), Vitamin E: 0.74mg (4.96%), Calcium: 44.84mg (4.48%), Vitamin B1: 0.06mg (4.05%), Phosphorus: 35.11mg (3.51%), Vitamin B2: 0.06mg (3.31%), Magnesium: 12.41mg (3.1%), Vitamin B5: 0.26mg (2.61%), Iron: 0.45mg (2.52%), Vitamin B3: 0.4mg (1.98%), Zinc: 0.23mg (1.53%), Copper: 0.03mg (1.48%), Selenium: 0.83µg (1.19%)