



Creamy Coleslaw (lighter)

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

Ingredients

- 0.5 cup cream sour reduced-fat
- 0.3 cup mayonnaise fat-free
- 1 tablespoon sugar
- 2 teaspoons juice of lemon
- 2 teaspoons dijon mustard
- 0.5 teaspoon celery seed
- 0.3 teaspoon pepper
- 4 cups cabbage shredded chopped finely

0.5 cup carrots shredded

0.3 cup onion chopped

Equipment

bowl

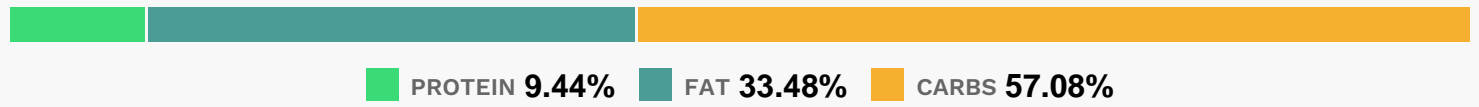
Directions

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:5.2165216777636%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg 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 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: 47.1kcal (2.36%), Fat: 1.86g (2.86%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 5.73g (2.08%), Sugar: 4.03g (4.48%), Cholesterol: 5.68mg (1.89%), Sodium: 94.82mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin A: 1419.4IU (28.39%), Vitamin K: 29.65µg (28.24%), Vitamin C: 14.29mg (17.32%), Fiber: 1.41g (5.64%), Manganese: 0.1mg (4.92%), Folate: 19.46µg (4.87%), Calcium: 41.85mg (4.19%), Potassium: 132.19mg (3.78%), Vitamin B6: 0.07mg (3.3%), Phosphorus: 26.15mg (2.61%), Vitamin B1: 0.04mg (2.52%), Vitamin B2: 0.04mg (2.35%), Magnesium: 8.57mg (2.14%), Iron: 0.3mg (1.68%), Selenium: 1.06µg (1.51%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.11mg (1.08%), Vitamin E: 0.16mg (1.07%), Vitamin B12: 0.06µg (1.01%)