



Creamy Coleslaw (lighter)

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



47 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
- 0.5 cup cream sour reduced-fat
- 0.3 cup onion chopped
- 0.3 teaspoon pepper

0.3 cup mayonnaise fat-free

1 tablespoon sugar

Equipment

bowl

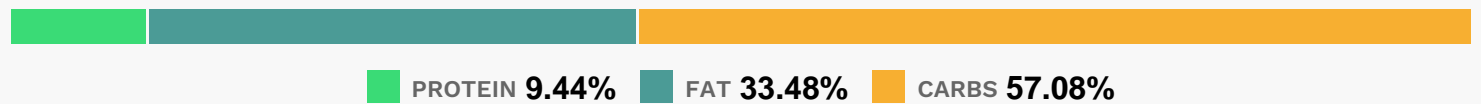
Directions

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:5.2165216777636%

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: 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%)