



Creamy-Crunchy Coleslaw

 **Gluten Free**  **Dairy Free**

READY IN

ready

17 min.

SERVINGS

servings

10

CALORIES

calories

174 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 16 oz coleslaw mix
- ☐ 6 slices bacon fully cooked
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup lightly peanuts salted chopped
- ☐ 10 servings salt and pepper to taste
- ☐ 1 tablespoon sugar

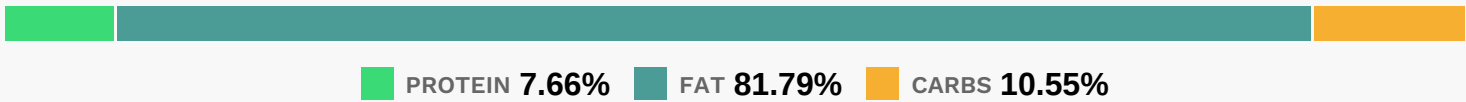
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Heat peanuts in a small skillet over medium-high heat, stirring often, 2 minutes or until lightly toasted.
- ☐ Let cool 15 minutes.
- ☐ Crisp bacon slices according to package directions.
- ☐ Whisk together mayonnaise, sugar, and vinegar in a large bowl. Crumble bacon, and add to mayonnaise mixture in bowl.
- ☐ Add coleslaw mix, salt and pepper to taste, and peanuts; toss to coat. Cover and chill at least 1 hour or up to 8 hours.
- ☐ Serve with a slotted spoon.
- ☐ Note: For testing purposes only, we used Hormel Fully Cooked Bacon.

Nutrition Facts



Properties

Glycemic Index:20.41, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:6.5786956794884%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 174.43kcal (8.72%), Fat: 16.09g (24.75%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.76g (3.06%), Cholesterol: 11.81mg (3.94%), Sodium: 405.24mg (17.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin K: 61.86µg (58.91%), Vitamin C: 16.6mg (20.12%), Manganese: 0.17mg (8.44%), Folate: 24.94µg (6.24%), Fiber: 1.46g (5.84%), Vitamin B3: 1.16mg (5.78%), Phosphorus: 48.31mg (4.83%), Selenium: 3.24µg (4.63%), Vitamin B6: 0.09mg (4.63%), Vitamin B1: 0.07mg (4.52%),

Vitamin E: 0.64mg (4.26%), Potassium: 135mg (3.86%), Magnesium: 13.39mg (3.35%), Calcium: 24.01mg (2.4%),
Vitamin B5: 0.23mg (2.29%), Zinc: 0.33mg (2.19%), Iron: 0.39mg (2.14%), Vitamin B2: 0.04mg (2.11%), Copper:
0.04mg (2.07%), Vitamin B12: 0.07µg (1.21%), Vitamin A: 57.15IU (1.14%)