



WHATSheATE



Creamy Dill Slaw



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

Ingredients



1 cabbage shredded whole cored



1 carrots grated



0.5 cup optional: dill fresh chopped



1 cup mayonnaise reduced-fat



0.5 cup cup heavy whipping cream sour low-fat



1 onion grated



2 tablespoons red wine vinegar



8 servings salt and pepper

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2 tablespoons worcestershire sauce

Equipment

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bowl

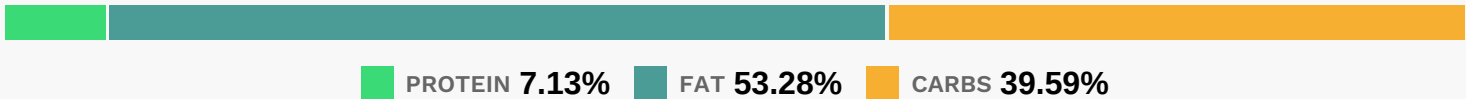
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whisk

Directions

- ☐ In a bowl, whisk mayonnaise, sour cream, Worcestershire sauce and red wine vinegar. Stir in cabbage, onion, carrot and fresh dill.
- ☐ Add salt and pepper. Chill at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:2.2, Inflammation Score:-8, Nutrition Score:13.154782303002%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 128.44kcal (6.42%), Fat: 7.92g (12.18%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 9.89g (3.6%), Sugar: 6.03g (6.7%), Cholesterol: 9.51mg (3.17%), Sodium: 520.86mg (22.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin K: 102.47µg (97.59%), Vitamin C: 46.21mg (56.01%), Vitamin A: 1682.16IU (33.64%), Folate: 60.31µg (15.08%), Fiber: 3.35g (13.39%), Manganese: 0.25mg (12.58%), Potassium: 333.76mg (9.54%), Vitamin B6: 0.18mg (8.83%), Calcium: 84.03mg (8.4%), Vitamin B1: 0.09mg (6.22%), Iron: 1.07mg (5.95%), Vitamin E: 0.88mg (5.89%), Phosphorus: 55.36mg (5.54%), Magnesium: 20.23mg (5.06%), Vitamin B2: 0.09mg (5%), Vitamin B5: 0.31mg (3.06%), Copper: 0.05mg (2.56%), Zinc: 0.37mg (2.49%), Selenium: 1.61µg (2.3%), Vitamin B3: 0.45mg (2.23%), Vitamin B12: 0.06µg (1.01%)