



Creamy Garden Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



12

CALORIES



61 kcal

SIDE DISH

Ingredients

- 1 cup carrots shredded ()
- 1 teaspoon celery seed
- 7 cups coleslaw mix
- 0.5 cup bell pepper green finely chopped ()
- 2 teaspoons juice of lemon
- 0.8 cup salad dressing
- 0.5 teaspoon salt
- 2 tablespoons sugar

1 cup zucchini shredded

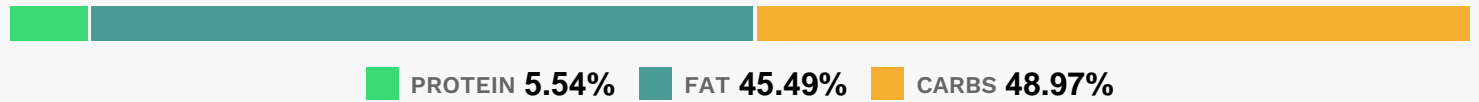
Equipment

bowl

Directions

In large bowl, gently mix ingredients. Refrigerate 15 to 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.49, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:6.8160868598067%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 61.37kcal (3.07%), Fat: 3.26g (5.01%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 6.34g (2.31%), Sugar: 5.82g (6.47%), Cholesterol: 0mg (0%), Sodium: 258.76mg (11.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin K: 41.57µg (39.59%), Vitamin A: 1871.05IU (37.42%), Vitamin C: 22.83mg (27.67%), Manganese: 0.12mg (6.2%), Fiber: 1.55g (6.2%), Folate: 22.87µg (5.72%), Vitamin B6: 0.11mg (5.37%), Potassium: 156.97mg (4.48%), Vitamin E: 0.49mg (3.28%), Vitamin B1: 0.04mg (2.92%), Calcium: 27.11mg (2.71%), Magnesium: 10.18mg (2.55%), Phosphorus: 22.7mg (2.27%), Iron: 0.4mg (2.22%), Vitamin B2: 0.04mg (2.06%), Vitamin B3: 0.3mg (1.51%), Vitamin B5: 0.14mg (1.44%), Copper: 0.03mg (1.38%), Zinc: 0.16mg (1.09%)