



Creamy Herbed Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground to taste
- 0.5 tsp celery seed
- 6 ounces cherry tomatoes
- 8 ounces coleslaw mix shredded as needed (or cabbage and carrots)
- 0.3 tsp optional: dill
- 0.5 tsp tarragon dried
- 4 servings salt to taste
- 1 tsp agave nectar

- 0.3 cup veganaise canned (you can make it yourself)
- 2 tablespoons balsamic vinegar white (or vinegar)

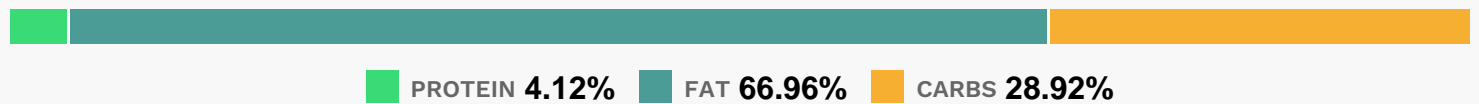
Equipment

- bowl

Directions

- Mix all ingredients except the coleslaw and tomatoes together in a small bowl.
- Pour over the coleslaw and mix well.
- Add the tomatoes and combine gently. Refrigerate and allow flavors to blend until ready to serve.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:6.6473912933598%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 126.06kcal (6.3%), Fat: 9.19g (14.14%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 7.15g (2.6%), Sugar: 5.24g (5.83%), Cholesterol: 0mg (0%), Sodium: 291.07mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin K: 44.83µg (42.7%), Vitamin C: 30.89mg (37.44%), Manganese: 0.19mg (9.71%), Folate: 31.03µg (7.76%), Fiber: 1.79g (7.15%), Potassium: 209.08mg (5.97%), Vitamin B6: 0.12mg (5.76%), Vitamin A: 273.07IU (5.46%), Iron: 0.8mg (4.46%), Calcium: 36.81mg (3.68%), Vitamin B1: 0.05mg (3.56%), Magnesium: 13.58mg (3.4%), Phosphorus: 30.34mg (3.03%), Copper: 0.05mg (2.56%), Vitamin E: 0.34mg (2.29%), Vitamin B2: 0.04mg (2.26%), Vitamin B3: 0.4mg (1.99%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.19mg (1.3%)