



Creamy Ranch-Style Coleslaw

 Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 cups d coleslaw
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup nonfat buttermilk
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon onion and herb seasoning blend salt-free (such as Mrs. Dash)

Equipment

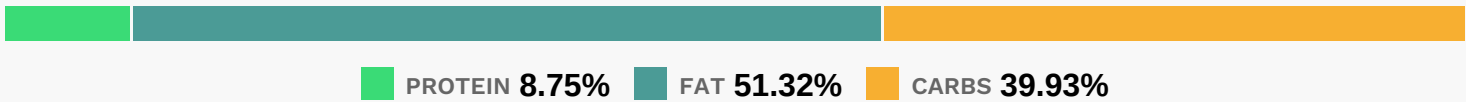
- ☐ bowl

whisk

Directions

- Combine first 5 ingredients in a bowl, stirring well with a whisk.
- Pour dressing over slaw; toss well. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:1.04, Inflammation Score:-3, Nutrition Score:7.3117391078368%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 70.97kcal (3.55%), Fat: 4.27g (6.57%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 5.18g (1.89%), Sugar: 3.69g (4.11%), Cholesterol: 3.28mg (1.09%), Sodium: 326.24mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin K: 70.99µg (67.61%), Vitamin C: 25.83mg (31.3%), Manganese: 0.18mg (9.16%), Fiber: 2.29g (9.16%), Folate: 33.78µg (8.44%), Calcium: 51.09mg (5.11%), Vitamin B6: 0.1mg (5.01%), Vitamin E: 0.74mg (4.93%), Iron: 0.82mg (4.53%), Potassium: 141.17mg (4.03%), Vitamin B1: 0.05mg (3.1%), Magnesium: 12.21mg (3.05%), Phosphorus: 22.92mg (2.29%), Vitamin A: 102.97IU (2.06%), Vitamin B2: 0.03mg (2.04%), Vitamin B5: 0.17mg (1.71%), Copper: 0.03mg (1.28%), Zinc: 0.17mg (1.16%), Vitamin B3: 0.22mg (1.12%), Selenium: 0.75µg (1.08%)