



Creamy Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



368 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 16 oz coleslaw mix shredded
- ☐ 0.1 teaspoon coarsely ground pepper
- ☐ 1 teaspoon horseradish
- ☐ 1 cup mayonnaise
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar

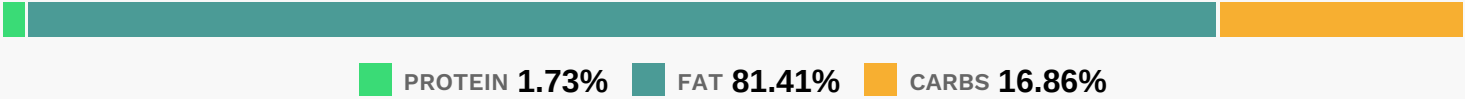
Equipment

Directions

☐

Stir together mayonnaise, sugar, and next 4 ingredients. Stir in coleslaw mix, stirring until blended. Cover and chill coleslaw until ready to serve. Store in an airtight container in refrigerator up to 4 days.

Nutrition Facts



Properties

Glycemic Index:54.22, Glycemic Load:8.48, Inflammation Score:-3, Nutrition Score:9.7078260390655%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 367.69kcal (18.38%), Fat: 33.64g (51.76%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 13.36g (4.86%), Sugar: 13.24g (14.71%), Cholesterol: 18.82mg (6.27%), Sodium: 363.56mg (15.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin K: 142.06µg (135.3%), Vitamin C: 33.45mg (40.55%), Vitamin E: 1.61mg (10.71%), Folate: 41.83µg (10.46%), Fiber: 2.31g (9.25%), Manganese: 0.17mg (8.57%), Vitamin B6: 0.12mg (5.85%), Potassium: 170.9mg (4.88%), Calcium: 41.21mg (4.12%), Vitamin B1: 0.06mg (4%), Phosphorus: 33.86mg (3.39%), Iron: 0.55mg (3.04%), Magnesium: 11.99mg (3%), Vitamin B2: 0.05mg (2.77%), Vitamin B5: 0.27mg (2.71%), Vitamin A: 118.32IU (2.37%), Selenium: 1.4µg (2%), Zinc: 0.24mg (1.62%), Copper: 0.03mg (1.41%), Vitamin B3: 0.22mg (1.08%)