



WHATSheATE



Creamy Southern Style Chipotle Coleslaw with Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black plus more to taste



8 cup cabbage shredded slaw style



0.5 cup carrots shredded slaw style



0.3 cup celery thinly sliced



2 cup corn kernels fresh canned cooked



1 cup bell pepper shredded green slaw style



1 jalapeno minced

- ☐ 0.3 cup catsup
- ☐ 0.5 cup saucy mama chipotle mustard
- ☐ 0.5 teaspoon salt plus more to taste
- ☐ 0.5 cup sugar

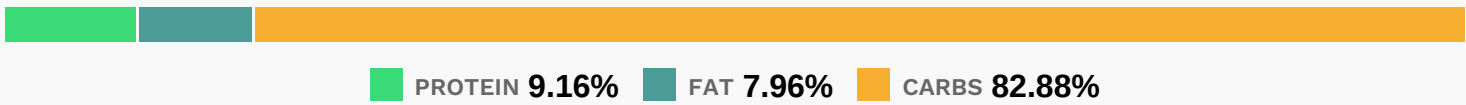
Equipment

- ☐ bowl

Directions

- ☐ Combine the corn, cabbage, bell pepper, carrot, celery, and sugar in a large bowl and mix well. In a separate bowl combine the rest of the ingredients and blend until the dressing becomes smooth.
- ☐ Pour the dressing over the cabbage mixture and mix it together well. Chill and serve.

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:8.12, Inflammation Score:-8, Nutrition Score:9.6195652484894%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 97.71kcal (4.89%), Fat: 0.96g (1.48%), Saturated Fat: 0.16g (1%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 19.4g (7.05%), Sugar: 15.8g (17.55%), Cholesterol: 0mg (0%), Sodium: 329.12mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin C: 36.86mg (44.68%), Vitamin K: 46.12µg (43.93%), Vitamin A: 1300.02IU (26%), Fiber: 3.07g (12.28%), Manganese: 0.24mg (11.97%), Folate: 41.68µg (10.42%), Vitamin B6: 0.16mg (8.24%), Vitamin B1: 0.12mg (7.81%), Potassium: 267.18mg (7.63%), Magnesium: 27.13mg (6.78%), Selenium: 4.7µg (6.72%), Phosphorus: 61.72mg (6.17%), Vitamin B3: 0.96mg (4.81%), Vitamin B5: 0.41mg (4.11%), Vitamin B2: 0.07mg (4.05%), Iron: 0.73mg (4.04%), Calcium: 37.12mg (3.71%), Copper: 0.06mg (2.85%), Vitamin E: 0.39mg (2.61%), Zinc: 0.37mg (2.44%)