



## Creamy Spiced Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon celery seed
- 2 tablespoons cider vinegar
- 16 ounce coleslaw mix shredded
- 0.5 teaspoon garlic powder
- 1 cup mayonnaise
- 0.5 teaspoon onion powder
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

2 tablespoons sugar

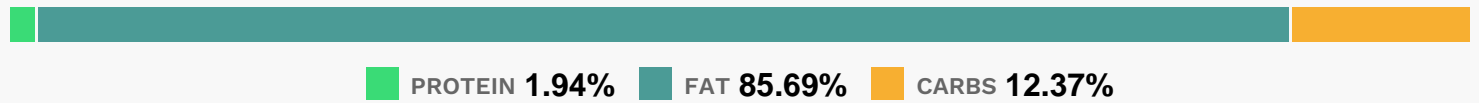
## Equipment

bowl

## Directions

In a large bowl, mix mayonnaise, sugar, salt, pepper, celery seed, garlic powder, onion powder and cider vinegar. Toss coleslaw mix with dressing to coat. Chill at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.14, Glycemic Load:3.03, Inflammation Score:-2, Nutrition Score:7.1782607876736%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 218.76kcal (10.94%), Fat: 21.05g (32.38%), Saturated Fat: 3.3g (20.63%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.34g (1.94%), Sugar: 5g (5.55%), Cholesterol: 11.76mg (3.92%), Sodium: 333.99mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin K: 88.94µg (84.71%), Vitamin C: 20.8mg (25.22%), Vitamin E: 1.01mg (6.72%), Manganese: 0.13mg (6.57%), Folate: 25.98µg (6.5%), Fiber: 1.5g (6%), Vitamin B6: 0.08mg (3.9%), Potassium: 111.7mg (3.19%), Calcium: 28.69mg (2.87%), Vitamin B1: 0.04mg (2.62%), Iron: 0.42mg (2.33%), Phosphorus: 22.98mg (2.3%), Magnesium: 8.32mg (2.08%), Vitamin B2: 0.03mg (1.74%), Vitamin B5: 0.17mg (1.72%), Vitamin A: 74.51IU (1.49%), Selenium: 0.92µg (1.31%), Zinc: 0.17mg (1.11%), Copper: 0.02mg (1.09%)