



Creamy Veggie Slaw



Vegetarian



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups d cabbage-and-carrot coleslaw
- ☐ 0.5 cup celery thinly sliced 2 stalks
- ☐ 0.5 cup whole-kernel corn frozen thawed
- ☐ 0.3 cup mayonnaise light
- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar

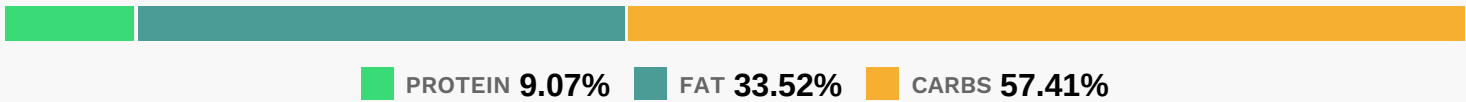
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine mayonnaise and next 3 ingredients.
- ☐ Add to cabbage mixture; toss gently to coat.
- ☐ Serve immediately, or cover and chill up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:56.31, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:10.389130483503%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 91.98kcal (4.6%), Fat: 3.61g (5.56%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 10.45g (3.8%), Sugar: 6.14g (6.82%), Cholesterol: 2.24mg (0.75%), Sodium: 503.69mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.4%), Vitamin A: 10906.89IU (218.14%), Vitamin K: 24.36µg (23.2%), Vitamin C: 11.75mg (14.24%), Fiber: 3.47g (13.88%), Manganese: 0.22mg (10.99%), Folate: 36.65µg (9.16%), Potassium: 314.98mg (9%), Vitamin B6: 0.14mg (6.83%), Vitamin B1: 0.1mg (6.8%), Vitamin B3: 1.26mg (6.28%), Phosphorus: 56.73mg (5.67%), Vitamin E: 0.81mg (5.38%), Vitamin B2: 0.09mg (5.11%), Magnesium: 18.22mg (4.55%), Copper: 0.08mg (3.82%), Calcium: 32.9mg (3.29%), Iron: 0.57mg (3.19%), Zinc: 0.47mg (3.15%), Vitamin B5: 0.31mg (3.07%), Selenium: 0.94µg (1.34%)