



Creole Coleslaw

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- 6 cups cabbage shredded
- 1 cup carrots shredded
- 0.1 teaspoon ground pepper red
- 0.5 cup catsup
- 1 cup mayonnaise
- 1 tablespoon mustard prepared
- 0.3 teaspoon salt
- 0.3 cup sugar

- 0.3 cup vinegar
- 1 teaspoon worcestershire sauce

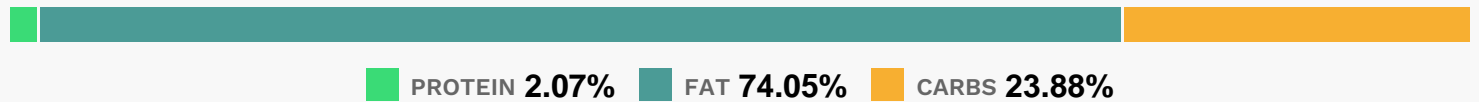
Equipment

- bowl

Directions

- Combine first 8 ingredients in a small bowl.
- Combine cabbage and carrot in a large bowl.
- Add the desired amount of dressing, tossing well to coat. Chill up to 2 hours or serve immediately.

Nutrition Facts



Properties

Glycemic Index:54.15, Glycemic Load:7.63, Inflammation Score:-10, Nutrition Score:13.313043267831%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 336.74kcal (16.84%), Fat: 28.18g (43.36%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 17.92g (6.52%), Sugar: 16.18g (17.98%), Cholesterol: 15.68mg (5.23%), Sodium: 583.49mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin K: 117.55µg (111.95%), Vitamin A: 3779.32IU (75.59%), Vitamin C: 27.87mg (33.78%), Vitamin E: 1.78mg (11.9%), Fiber: 2.53g (10.1%), Folate: 38.12µg (9.53%), Manganese: 0.18mg (9.13%), Vitamin B6: 0.15mg (7.68%), Potassium: 263.92mg (7.54%), Vitamin B2: 0.09mg (5.03%), Vitamin B1: 0.07mg (4.55%), Calcium: 44.51mg (4.45%), Phosphorus: 42.55mg (4.26%), Magnesium: 15.44mg (3.86%), Iron: 0.65mg (3.59%), Vitamin B3: 0.68mg (3.42%), Selenium: 2.19µg (3.13%), Vitamin B5: 0.29mg (2.88%), Copper: 0.05mg (2.61%), Zinc: 0.29mg (1.92%)