



Crunchy Bacon Coleslaw

 **Gluten Free**

READY IN



75 min.

SERVINGS



7

CALORIES



149 kcal

SIDE DISH

Ingredients

- 1 tsp heinz apple cider vinegar
- 4 slices oscar mayer bacon crumbled cooked
- 4 cups cabbage shredded green
- 0.5 cup miracle whip dressing light
- 0.5 cup planters peanuts salted chopped
- 1 cup cabbage shredded red
- 1 Tbsp sugar

Equipment

bowl

Directions

- Mix first 3 ingredients until blended.
- Combine remaining ingredients in large bowl.
- Add dressing mixture; toss to evenly coat.
- Refrigerate 1 hour.

Nutrition Facts

PROTEIN 13.43% **FAT 61.51%** **CARBS 25.06%**

Properties

Glycemic Index:26.58, Glycemic Load:1.99, Inflammation Score:-4, Nutrition Score:7.440869692875%

Flavonoids

Cyanidin: 26.68mg, Cyanidin: 26.68mg, Cyanidin: 26.68mg, Cyanidin: 26.68mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 148.8kcal (7.44%), Fat: 10.66g (16.4%), Saturated Fat: 2.58g (16.16%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.36g (5.95%), Cholesterol: 9.94mg (3.31%), Sodium: 282.59mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Vitamin K: 35.26µg (33.58%), Vitamin C: 21.89mg (26.53%), Manganese: 0.34mg (17.19%), Vitamin B3: 2.21mg (11.05%), Fiber: 2.54g (10.16%), Folate: 32.63µg (8.16%), Phosphorus: 73.64mg (7.36%), Vitamin B6: 0.14mg (6.82%), Vitamin B1: 0.1mg (6.69%), Magnesium: 25.9mg (6.47%), Potassium: 214.19mg (6.12%), Selenium: 3.52µg (5.02%), Copper: 0.08mg (4.21%), Vitamin A: 198.31IU (3.97%), Calcium: 33.94mg (3.39%), Iron: 0.6mg (3.35%), Vitamin B5: 0.32mg (3.18%), Zinc: 0.46mg (3.05%), Vitamin B2: 0.04mg (2.6%), Vitamin B12: 0.06µg (1.05%)