



WHATSheATE



Crunchy Buttermilk Coleslaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1.5 cups carrots grated peeled
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 tablespoon brown sugar light
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons rice wine vinegar
- ☐ 8 servings salt
- ☐ 1 pound savoy cabbage thinly sliced ()

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2.5 cups snow peas sliced lengthwise

Equipment

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bowl

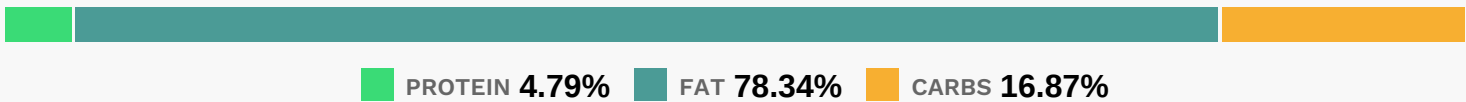
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whisk

Directions

- ☐ In a large bowl, toss together cabbage, carrots and snow peas. In a separate bowl, whisk together mayonnaise, buttermilk, salt, brown sugar, vinegar and ginger until smooth.
- ☐ Pour dressing over slaw and toss to combine.
- ☐ Serve immediately or cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:28.1, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:15.724348063054%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 244.33kcal (12.22%), Fat: 21.62g (33.26%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 7.25g (2.64%), Sugar: 6g (6.67%), Cholesterol: 13.41mg (4.47%), Sodium: 421.53mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin A: 4952.27IU (99.05%), Vitamin K: 95.52µg (90.97%), Vitamin C: 37.38mg (45.31%), Folate: 64.97µg (16.24%), Fiber: 3.23g (12.92%), Manganese: 0.22mg (10.89%), Vitamin B6: 0.2mg (9.93%), Vitamin E: 1.3mg (8.69%), Potassium: 297.46mg (8.5%), Vitamin B1: 0.11mg (7.43%), Magnesium: 28.17mg (7.04%), Phosphorus: 67.38mg (6.74%), Calcium: 62.07mg (6.21%), Iron: 1.01mg (5.63%), Vitamin B2: 0.09mg (5.1%), Vitamin B5: 0.51mg (5.09%), Copper: 0.08mg (4.04%), Vitamin B3: 0.61mg (3.03%), Selenium: 1.99µg (2.84%), Zinc: 0.39mg (2.63%), Vitamin B12: 0.1µg (1.71%), Vitamin D: 0.25µg (1.67%)