



Crunchy Coleslaw with Buttermilk Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 12 ounce broccoli slaw
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 onion red thinly sliced
- ☐ 3 spring onion thinly sliced
- ☐ 0.3 cup cream sour

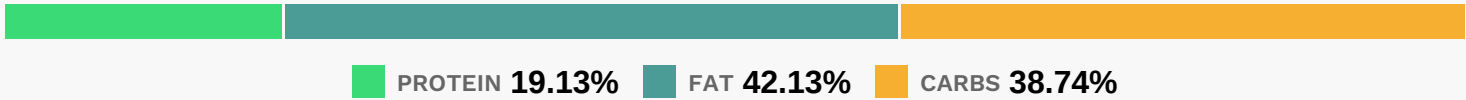
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine broccoli slaw, scallions, and red onion. Reserve 2 cups of the broccoli mixture for another day.
- ☐ Whisk together buttermilk, sour cream, Dijon mustard, kosher salt, and black pepper.
- ☐ Add the dressing to the remaining broccoli mixture, toss well, and serve.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:11.508695620558%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 81.7kcal (4.09%), Fat: 4.24g (6.52%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.12g (2.95%), Sugar: 2.8g (3.11%), Cholesterol: 11.78mg (3.93%), Sodium: 392.86mg (17.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin C: 82.12mg (99.54%), Vitamin K: 19.15µg (18.24%), Folate: 71.39µg (17.85%), Manganese: 0.25mg (12.7%), Vitamin A: 572.26IU (11.45%), Vitamin B2: 0.19mg (11.2%), Potassium: 386.31mg (11.04%), Phosphorus: 104.02mg (10.4%), Calcium: 102.3mg (10.23%), Vitamin B6: 0.18mg (8.83%), Selenium: 5.59µg (7.99%), Magnesium: 30.79mg (7.7%), Vitamin B5: 0.65mg (6.53%), Vitamin B1: 0.09mg (6.05%), Iron: 1mg (5.54%), Zinc: 0.59mg (3.9%), Vitamin B3: 0.67mg (3.34%), Copper: 0.06mg (3.25%), Vitamin B12: 0.17µg (2.8%), Vitamin D: 0.39µg (2.6%), Fiber: 0.64g (2.58%)