



Crunchy, Creamy Coleslaw

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup carrots shredded (2 medium)
- ☐ 0.5 cup celery thinly sliced
- ☐ 1 teaspoon mustard dry
- ☐ 3 cups cabbage green thinly sliced
- ☐ 0.8 cup mayonnaise reduced-fat
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 2 cups cabbage red thinly sliced

- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons citrus champagne vinegar

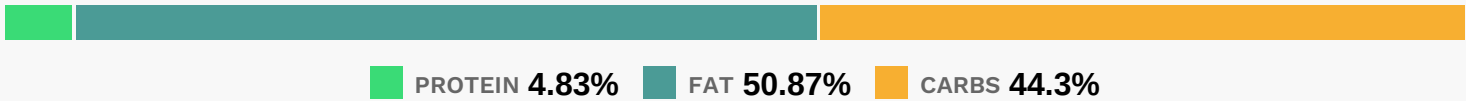
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ box grater

Directions

- ☐ Combine first 7 ingredients in a large bowl, stirring with a whisk until smooth.
- ☐ Add cabbages, carrot, and celery; toss to coat. Cover and chill 1 hour.
- ☐ Tip: The cabbage is thinly sliced, but you can also shred it, if you prefer. Use a box grater or the shredding disc on a food processor.
- ☐ Serve with pulled pork, chicken, or Fish Tacos with Lime Crema and Mango Salsa.

Nutrition Facts



Properties

Glycemic Index:32.12, Glycemic Load:3.4, Inflammation Score:-9, Nutrition Score:8.3130434800101%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 88.81kcal (4.44%), Fat: 5.2g (7.99%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 8.45g (3.07%), Sugar: 6.3g (7%), Cholesterol: 4.41mg (1.47%), Sodium: 239.71mg (10.42%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin A: 3000.64IU (60.01%), Vitamin K: 43.92µg (41.83%), Vitamin C: 23.49mg (28.48%), Manganese: 0.15mg (7.55%), Fiber: 1.73g (6.94%), Folate: 22.2µg (5.55%), Vitamin B6: 0.11mg (5.41%), Potassium: 184.21mg (5.26%), Vitamin E: 0.67mg (4.46%), Calcium: 35.3mg (3.53%), Vitamin B1: 0.05mg (3.14%), Phosphorus: 28.46mg (2.85%), Magnesium: 11.33mg (2.83%), Vitamin B2: 0.04mg (2.58%), Iron: 0.45mg (2.49%), Selenium: 1.44µg (2.05%), Vitamin B3: 0.35mg (1.75%), Vitamin B5: 0.16mg (1.64%), Copper: 0.03mg (1.33%), Zinc: 0.19mg (1.27%)