



Cucumber Coleslaw

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

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

Ingredients

- 0.5 cup the dressing reduced-calorie (such as Marzetti's Lite Slaw Dressing)
- 1 cup cucumber thinly sliced (1 small)
- 11.5 ounce slaw mix fresh country-style (5 cups)

Equipment

Directions

- Combine all ingredients; mix well.

Nutrition Facts

PROTEIN 3.91% FAT 63.78% CARBS 32.31%

Properties

Glycemic Index:14.75, Glycemic Load:1.26, Inflammation Score:-3, Nutrition Score:8.8156520840914%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 150.62kcal (7.53%), Fat: 10.92g (16.79%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 10.18g (3.7%), Sugar: 9.69g (10.77%), Cholesterol: 12.81mg (4.27%), Sodium: 280.96mg (12.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin K: 84.99µg (80.95%), Vitamin C: 31.08mg (37.68%), Folate: 40.95µg (10.24%), Manganese: 0.19mg (9.42%), Fiber: 2.27g (9.08%), Vitamin E: 1.09mg (7.3%), Vitamin B6: 0.12mg (6.01%), Potassium: 194.72mg (5.56%), Vitamin B1: 0.07mg (4.71%), Phosphorus: 41.3mg (4.13%), Calcium: 40.07mg (4.01%), Magnesium: 14.71mg (3.68%), Vitamin B2: 0.06mg (3.42%), Iron: 0.56mg (3.11%), Vitamin B5: 0.29mg (2.94%), Selenium: 1.78µg (2.54%), Vitamin A: 123.5IU (2.47%), Copper: 0.04mg (2.24%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.22mg (1.11%)