

Dave's Coleslaw



Vegetarian



Gluten Free

READY IN



500 min.

SERVINGS



12

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 2 cups buttermilk
- ☐ 1 head cabbage cored coarsely chopped
- ☐ 1 carrots grated
- ☐ 1 pinch cayenne pepper
- ☐ 1 dill pickle minced
- ☐ 2 tablespoons dill pickle juice
- ☐ 1 clove garlic
- ☐ 3 green onions minced

- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon salt divided
- ☐ 1 onion sweet minced
- ☐ 2 tablespoons vinegar
- ☐ 0.5 cup sugar white
- ☐ 2 tablespoons mustard yellow prepared

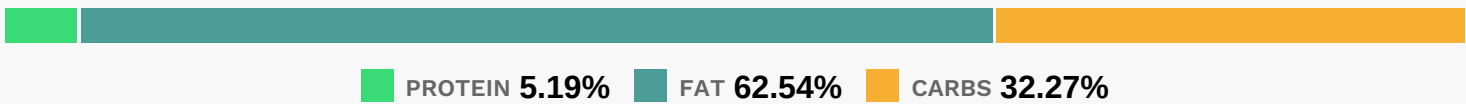
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, mix the cabbage, carrot, sweet onion, green onions, and dill pickle.
- ☐ In a separate bowl, whisk together the mayonnaise, buttermilk, dill pickle juice, vinegar, mustard, sugar, cayenne pepper, and 3/4 teaspoon salt. Mash together the remaining salt and garlic, and whisk into the dressing.
- ☐ Drizzle dressing over the slaw, and toss to coat. Cover and refrigerate 8 hours, or overnight, before serving.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:7.81, Inflammation Score:-7, Nutrition Score:11.319565441297%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 218.36kcal (10.92%), Fat: 15.54g (23.91%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 15.51g (5.64%), Sugar: 14.6g (16.22%), Cholesterol: 12.24mg (4.08%), Sodium: 482.55mg (20.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Vitamin K: 95.98µg (91.41%), Vitamin C: 30.09mg (36.47%), Vitamin A: 1046.87IU (20.94%), Folate: 45.32µg (11.33%), Fiber: 2.53g (10.12%), Calcium: 92.44mg (9.24%), Manganese: 0.18mg (8.83%), Vitamin B6: 0.16mg (8.06%), Potassium: 254.98mg (7.29%), Phosphorus: 72.01mg (7.2%), Vitamin B2: 0.12mg (7.07%), Vitamin B1: 0.09mg (6.06%), Vitamin E: 0.83mg (5.52%), Magnesium: 18.65mg (4.66%), Selenium: 3.25µg (4.64%), Vitamin B5: 0.4mg (3.99%), Vitamin D: 0.56µg (3.72%), Vitamin B12: 0.21µg (3.44%), Iron: 0.6mg (3.34%), Zinc: 0.4mg (2.68%), Copper: 0.05mg (2.65%), Vitamin B3: 0.34mg (1.69%)