



Easy Apple-Cranberry Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



70 kcal

SIDE DISH

Ingredients

- 1 apples chopped
- 0.5 cup cranberries dried
- 14 oz coleslaw blend (cabbage slaw mix)
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 2 Tbsp pancake syrup
- 0.3 cup onions red chopped

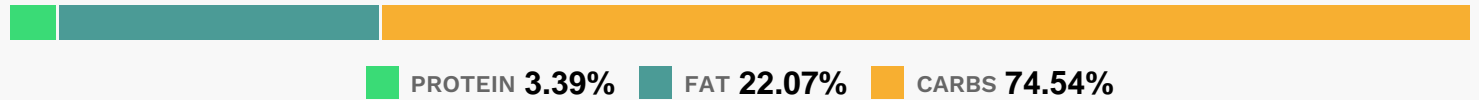
Equipment

- bowl

Directions

- Combine first 4 ingredients in large bowl.
- Mix dressing and syrup until blended.
- Add to cabbage mixture; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:1.32, Inflammation Score:-2, Nutrition Score:4.0965218544006%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 70.29kcal (3.51%), Fat: 1.86g (2.86%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 12.3g (4.47%), Sugar: 8.58g (9.53%), Cholesterol: 0.16mg (0.05%), Sodium: 89.49mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin K: 35.43µg (33.74%), Vitamin C: 15.7mg (19.03%), Fiber: 1.82g (7.27%), Manganese: 0.1mg (4.85%), Folate: 18.37µg (4.59%), Vitamin B6: 0.07mg (3.44%), Potassium: 102.46mg (2.93%), Vitamin E: 0.39mg (2.61%), Vitamin B1: 0.03mg (2.13%), Calcium: 19.53mg (1.95%), Magnesium: 6.79mg (1.7%), Phosphorus: 15.54mg (1.55%), Iron: 0.26mg (1.47%), Vitamin B2: 0.02mg (1.4%), Copper: 0.03mg (1.38%), Vitamin B5: 0.11mg (1.14%), Vitamin A: 54.06IU (1.08%)