



Easy Coleslaw

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



153 kcal

SIDE DISH

Ingredients

- 2 tablespoons cider vinegar
- 16 oz coleslaw mix
- 6 slices bacon fully cooked
- 0.8 cup mayonnaise
- 10 servings salt and pepper to taste
- 1 tablespoon sugar

Equipment

- bowl

- frying pan
- whisk
- slotted spoon

Directions

- Crisp bacon slices according to package directions.
- Whisk together mayonnaise, sugar, and vinegar in a large bowl. Crumble bacon, and add to mayonnaise mixture in bowl.
- Add coleslaw mix and salt and pepper to taste; toss to coat. Cover and chill at least 1 hour or up to 8 hours.
- Serve with a slotted spoon.
- Note: For testing purposes only, we used Hormel Fully Cooked Bacon.
- Heat 1/4 cup chopped lightly salted peanuts in a small skillet over medium-high heat, stirring often, 2 minutes or until lightly toasted.
- Let cool 15 minutes. Prepare recipe as directed, adding peanuts before chilling. Prep: 15 min., Cook: 2 min., Cool: 15 min., Chill: 1 hr.

Nutrition Facts



PROTEIN 6.14% **FAT 83.41%** **CARBS 10.45%**

Properties

Glycemic Index:20.41, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:5.7930434929288%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 153.29kcal (7.66%), Fat: 14.3g (22%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 2.9g (1.05%), Sugar: 2.76g (3.06%), Cholesterol: 11.81mg (3.94%), Sodium: 389.44mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin K: 61.86µg (58.91%), Vitamin C: 16.6mg (20.12%), Folate: 20.34µg (5.09%), Fiber: 1.13g (4.54%), Vitamin E: 0.64mg (4.26%), Selenium: 2.97µg (4.24%), Vitamin B6: 0.08mg (4.16%), Manganese: 0.08mg (4.14%), Vitamin B1: 0.06mg (3.75%), Phosphorus: 34.19mg

(3.42%), Potassium: 106.68mg (3.05%), Vitamin B3: 0.61mg (3.05%), Calcium: 20.36mg (2.04%), Vitamin B2: 0.03mg (1.92%), Magnesium: 7.25mg (1.81%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.26mg (1.7%), Iron: 0.3mg (1.68%), Vitamin B12: 0.07µg (1.21%), Vitamin A: 57.15IU (1.14%)