



WHATSheATE



Goalpost Apple Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 1 cup coleslaw mix
- ☐ 2.3 cups apples green cored cubed
- ☐ 3 tablespoons juice of lemon
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon poppy seed
- ☐ 2.3 cups apples red cored cubed
- ☐ 0.8 teaspoon salt
- ☐ 1 cup heavy whipping cream sour

- ☐ 1 teaspoon sugar
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 tablespoon vinegar
- ☐ 0.3 cup walnuts chopped

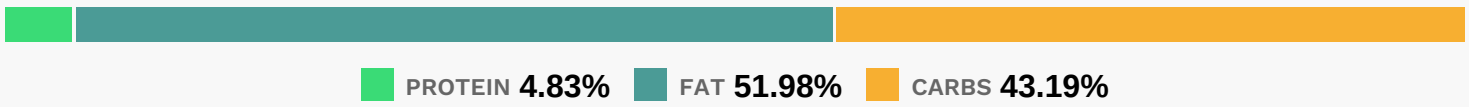
Equipment

- ☐ bowl

Directions

- ☐ Lightly toss ingredients in a large bowl until well mixed. Chill for at least one hour before serving.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:4.16, Inflammation Score:-4, Nutrition Score:6.2717391304348%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 203.49kcal (10.17%), Fat: 12.56g (19.33%), Saturated Fat: 4.38g (27.36%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 19.83g (7.21%), Sugar: 17.39g (19.32%), Cholesterol: 22.62mg (7.54%), Sodium: 306.61mg

(13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Manganese: 0.4mg (20.23%), Fiber: 3.66g (14.64%), Vitamin C: 11.94mg (14.48%), Vitamin K: 12.26µg (11.68%), Copper: 0.17mg (8.43%), Phosphorus: 79.33mg (7.93%), Calcium: 78.54mg (7.85%), Magnesium: 26.22mg (6.56%), Vitamin B2: 0.11mg (6.35%), Potassium: 219.22mg (6.26%), Vitamin A: 302.85IU (6.06%), Vitamin B6: 0.11mg (5.67%), Folate: 19.24µg (4.81%), Vitamin B1: 0.07mg (4.56%), Vitamin E: 0.56mg (3.71%), Zinc: 0.52mg (3.44%), Iron: 0.57mg (3.16%), Selenium: 2.04µg (2.92%), Vitamin B5: 0.28mg (2.78%), Vitamin B3: 0.28mg (1.39%), Vitamin B12: 0.08µg (1.34%)