

Grandma's Sweet Slaw



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 1 medium head cabbage shredded cored
- ☐ 3 medium carrots shredded
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup sugar white

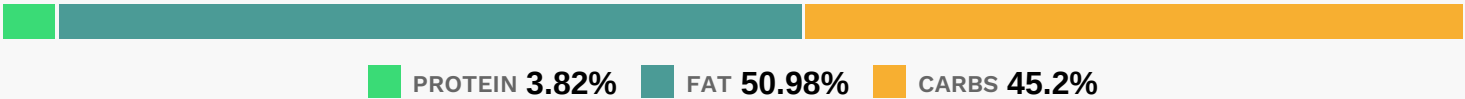
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, stir together the sugar and mayonnaise.
- ☐ Add the carrots and cabbage, and mix until well coated.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:26.37, Glycemic Load:11.14, Inflammation Score:-10, Nutrition Score:14.26478252074%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 181.08kcal (9.05%), Fat: 10.68g (16.43%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 17.83g (6.48%), Sugar: 17.27g (19.19%), Cholesterol: 5.88mg (1.96%), Sodium: 125.24mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin K: 112.1µg (106.76%), Vitamin A: 3941.83IU (78.84%), Vitamin C: 42.89mg (51.99%), Fiber: 3.48g (13.91%), Folate: 53.85µg (13.46%), Manganese: 0.22mg (10.79%), Vitamin B6: 0.17mg (8.67%), Potassium: 269.2mg (7.69%), Vitamin B1: 0.09mg (5.72%), Calcium: 54.19mg (5.42%), Vitamin E: 0.78mg (5.2%), Magnesium: 16.5mg (4.13%), Phosphorus: 40.46mg (4.05%), Vitamin B2: 0.06mg (3.75%), Iron: 0.64mg (3.54%), Vitamin B5: 0.33mg (3.27%), Vitamin B3: 0.49mg (2.45%), Zinc: 0.28mg (1.88%), Copper: 0.04mg (1.77%), Selenium: 0.76µg (1.09%)