



## Greek Coleslaw

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



79 kcal

SIDE DISH

### Ingredients

- 1.5 teaspoons almonds toasted sliced
- 1 cup cabbage shredded
- 0.3 cup coarsely carrot shredded
- 1 tablespoon cucumber chopped
- 1 tablespoon feta cheese crumbled
- 0.3 teaspoon garlic powder
- 1.5 teaspoons green onions chopped
- 2 tablespoons nonfat cream alternative sour

- 1.5 teaspoons salad olives chopped
- 0.1 teaspoon pepper
- 2 tablespoons red wine vinegar
- 0.1 teaspoon salt
- 0.5 teaspoon sugar

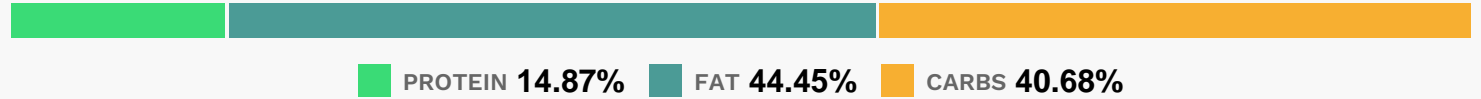
## Equipment

- bowl
- whisk

## Directions

- Combine first 6 ingredients in a small bowl, stirring with a wire whisk until blended.
- Combine cabbage and remaining ingredients in a medium bowl. Spoon vinegar mixture over vegetables; toss gently to blend.

## Nutrition Facts



## Properties

Glycemic Index:140.96, Glycemic Load:1.9, Inflammation Score:-9, Nutrition Score:8.797391237772%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 79.07kcal (3.95%), Fat: 3.99g (6.14%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 8.21g (2.74%), Net Carbohydrates: 6.24g (2.27%), Sugar: 3.22g (3.58%), Cholesterol: 8.65mg (2.88%), Sodium: 336.05mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin A: 2809.25IU (56.19%), Vitamin K: 32.76µg (31.2%), Vitamin C: 14.35mg (17.4%), Manganese: 0.18mg (9.23%), Calcium: 90.14mg (9.01%), Vitamin B2: 0.15mg (8.91%), Fiber: 1.98g (7.9%), Phosphorus: 74.38mg (7.44%), Vitamin E: 1.1mg (7.31%), Folate: 25.75µg (6.44%), Vitamin B6: 0.12mg (6.02%), Potassium: 181.22mg (5.18%), Magnesium: 19.74mg (4.93%), Vitamin B1: 0.06mg (4.11%), Zinc: 0.54mg (3.58%), Selenium: 2.31µg (3.3%), Copper: 0.07mg (3.28%), Iron: 0.54mg (2.99%), Vitamin B12: 0.18µg (2.99%), Vitamin B5: 0.24mg (2.38%), Vitamin B3: 0.46mg (2.32%)