



## Greek Yogurt Cole Slaw

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



5

CALORIES



256 kcal

SIDE DISH

### Ingredients

- ☐ 24 ounce coleslaw mix
- ☐ 5 servings salt and ground pepper black to taste
- ☐ 2 tablespoons honey
- ☐ 0.5 cup mayonnaise
- ☐ 12 ounce nonfat greek yogurt plain
- ☐ 0.3 cup vinegar white

### Equipment

- ☐ bowl

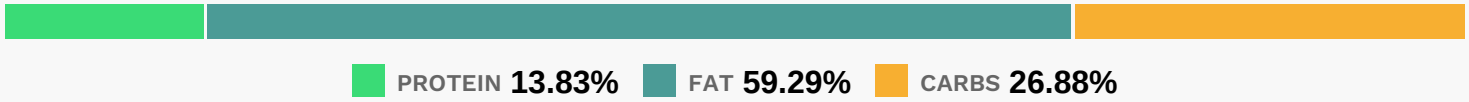
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 plastic wrap

## Directions

- ☐ Stir yogurt, mayonnaise, vinegar, and honey together in a large bowl. Gradually beat milk into the yogurt mixture until you reach your desired consistency; season with salt and pepper.
- ☐ Add coleslaw mix and toss to coat.
- ☐ Cover bowl with plastic wrap and refrigerate until chilled, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:45.65, Glycemic Load:5.66, Inflammation Score:-5, Nutrition Score:14.176521635574%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 255.93kcal (12.8%), Fat: 17.15g (26.38%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 14.04g (5.11%), Sugar: 13.61g (15.12%), Cholesterol: 12.81mg (4.27%), Sodium: 191.84mg (8.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Vitamin K: 140.09µg (133.42%), Vitamin C: 49.85mg (60.42%), Folate: 64.58µg (16.15%), Vitamin B2: 0.25mg (14.9%), Fiber: 3.44g (13.78%), Phosphorus: 133.62mg (13.36%), Calcium: 133.46mg (13.35%), Manganese: 0.25mg (12.6%), Selenium: 7.8µg (11.14%), Vitamin B6: 0.22mg (10.82%), Potassium: 337.7mg (9.65%), Vitamin B12: 0.5µg (8.39%), Vitamin B1: 0.1mg (6.69%), Vitamin E: 0.95mg (6.31%), Magnesium: 24.5mg (6.13%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.66mg (4.4%), Iron: 0.78mg (4.35%), Vitamin A: 151.18IU (3.02%), Vitamin B3: 0.47mg (2.37%), Copper: 0.05mg (2.34%)