



Greek Yogurt Cole Slaw

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



5

CALORIES



257 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
- ☐ 1 tablespoon skim milk or as needed
- ☐ 0.3 cup vinegar white

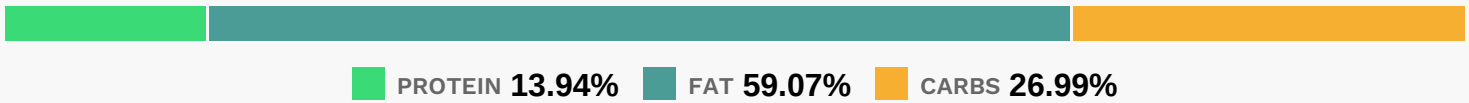
Equipment

- ☐ bowl
- ☐ 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:52.3, Glycemic Load:5.71, Inflammation Score:-5, Nutrition Score:14.276956444201%

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: 256.95kcal (12.85%), Fat: 17.15g (26.38%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 14.19g (5.16%), Sugar: 13.76g (15.29%), Cholesterol: 12.9mg (4.3%), Sodium: 193.07mg (8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin K: 140.09µg (133.42%), Vitamin C: 49.85mg (60.42%), Folate: 64.64µg (16.16%), Vitamin B2: 0.26mg (15.13%), Fiber: 3.44g (13.78%), Calcium: 137.42mg (13.74%), Phosphorus: 136.83mg (13.68%), Manganese: 0.25mg (12.6%), Selenium: 7.86µg (11.22%), Vitamin B6: 0.22mg (10.91%), Potassium: 342.71mg (9.79%), Vitamin B12: 0.52µg (8.68%), Vitamin B1: 0.1mg (6.8%), Vitamin E: 0.95mg (6.31%), Magnesium: 24.86mg (6.22%), Vitamin B5: 0.57mg (5.7%), Zinc: 0.67mg (4.49%), Iron: 0.78mg (4.35%), Vitamin A: 157.3IU (3.15%), Vitamin B3: 0.48mg (2.38%), Copper: 0.05mg (2.34%)