



## Ham & Cheese Coleslaw

 Gluten Free

READY IN



195 min.

SERVINGS



15

CALORIES



170 kcal

SIDE DISH

### Ingredients

- 2 Tbsp grey poupon dijon mustard
- 3 claussen kosher dill pickle wholes coarsely chopped
- 1 tsp dill weed
- 0.3 cup parsley fresh chopped
- 16 oz coleslaw blend (cabbage slaw mix)
- 12 oz honey-baked ham cut into thin strips
- 0.7 cup olive oil
- 0.3 cup onions finely chopped

- 0.5 tsp pepper
- 3 cups swiss cheese shredded kraft
- 1 tsp thyme leaves dried
- 0.3 cup citrus champagne vinegar

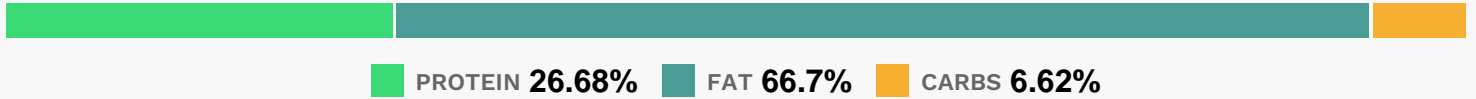
## Equipment

- bowl
- whisk

## Directions

- Beat oil, vinegar, mustard, dill weed, thyme and pepper in large bowl with wire whisk until well blended.
- Add coleslaw blend, ham, cheese, pickles, onions and parsley; toss to coat. Cover.
- Refrigerate several hours or until chilled. Store leftover coleslaw in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:16.93, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:9.2565217018127%

## Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 169.72kcal (8.49%), Fat: 12.59g (19.36%), Saturated Fat: 5.58g (34.89%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.28g (1.43%), Cholesterol: 34.15mg (11.38%), Sodium: 442.7mg (19.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Vitamin K: 43.17µg (41.12%), Calcium: 216.98mg (21.7%), Phosphorus: 186.46mg (18.65%), Selenium: 12.44µg (17.77%), Vitamin C: 12.99mg (15.74%), Vitamin B12: 0.8µg (13.29%), Vitamin B1: 0.17mg (11.28%), Zinc: 1.57mg (10.47%), Vitamin B2: 0.14mg (8.15%), Vitamin B6: 0.15mg

(7.45%), Vitamin A: 321.83IU (6.44%), Vitamin B3: 1.14mg (5.69%), Folate: 18.88µg (4.72%), Potassium: 161.43mg (4.61%), Magnesium: 18.06mg (4.52%), Fiber: 1.07g (4.3%), Manganese: 0.08mg (4.17%), Vitamin E: 0.56mg (3.76%), Iron: 0.54mg (3.01%), Vitamin B5: 0.28mg (2.81%), Copper: 0.04mg (2.19%), Vitamin D: 0.16µg (1.06%)