



## Ham-it-Up Coleslaw

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**15**

CALORIES



**110 kcal**

**SIDE DISH**

### Ingredients

- 16 oz coleslaw blend (cabbage slaw mix)
- 6 oz oscar mayer ham smoked chopped
- 2 claussen kosher dill pickles chopped
- 0.8 cup miracle whip dressing light
- 1 tsp heinz mustard yellow
- 0.3 cup onions finely chopped
- 8 oz cheddar cheese shredded kraft

### Equipment

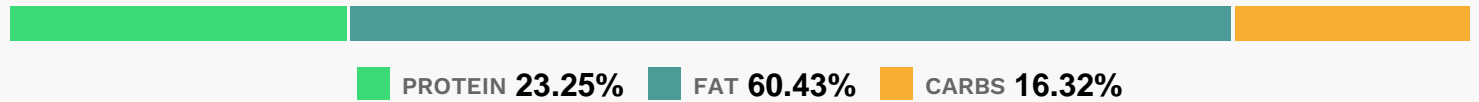
bowl

## Directions

Mix dressing and mustard until blended.

Add to combined remaining ingredients in large bowl; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:8.67, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:5.6847825568655%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 109.82kcal (5.49%), Fat: 7.47g (11.49%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.56g (2.84%), Cholesterol: 23.3mg (7.77%), Sodium: 413.2mg (17.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.93%), Vitamin K: 24.82µg (23.63%), Vitamin C: 11.45mg (13.88%), Calcium: 126.05mg (12.61%), Phosphorus: 104.54mg (10.45%), Selenium: 7.07µg (10.1%), Vitamin B1: 0.1mg (6.46%), Vitamin B2: 0.11mg (6.45%), Zinc: 0.89mg (5.92%), Vitamin B6: 0.1mg (4.87%), Fiber: 1.14g (4.58%), Folate: 17.74µg (4.44%), Vitamin A: 206.08IU (4.12%), Vitamin B12: 0.23µg (3.88%), Potassium: 115.83mg (3.31%), Manganese: 0.06mg (3.02%), Vitamin B3: 0.6mg (2.99%), Magnesium: 10.9mg (2.72%), Vitamin B5: 0.19mg (1.87%), Iron: 0.31mg (1.73%), Vitamin E: 0.21mg (1.41%), Copper: 0.02mg (1.18%), Vitamin D: 0.17µg (1.13%)