

## Harvest Slaw

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



232 kcal

SIDE DISH

### Ingredients

- 0.5 cup carrots shredded matchstick-style
- 8.5 ounce coleslaw mix
- 0.3 cup feta cheese crumbled
- 0.5 cup mayonnaise
- 0.3 cup pecans chopped
- 0.5 cup ranch dressing
- 1.5 cups grapes red
- 1 tablespoon sugar

# Equipment

- bowl
- frying pan

# Directions

- In a medium ungreased skillet, over medium heat, toast the pecans by stirring frequently until golden brown. Set aside to cool.
- In a large bowl, combine coleslaw mix, carrots, grapes, pecans, and feta cheese.
- In a small bowl, stir together the mayonnaise, and Ranch dressing.
- Pour in sugar, and mix until dissolved. Toss coleslaw mixture with dressing until evenly coated.
- Serve immediately, or cover and chill in refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:36.74, Glycemic Load:4.08, Inflammation Score:-7, Nutrition Score:8.54434766588%

# Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

# Nutrients (% of daily need)

Calories: 231.78kcal (11.59%), Fat: 20.71g (31.86%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 9.19g (3.34%), Sugar: 8.15g (9.05%), Cholesterol: 13.95mg (4.65%), Sodium: 289.01mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin K: 71.21µg (67.81%), Vitamin A: 1421.17IU (28.42%), Vitamin C: 12.44mg (15.08%), Manganese: 0.24mg (12.08%), Phosphorus: 72.37mg (7.24%), Vitamin E: 1mg (6.67%), Fiber: 1.56g (6.24%), Vitamin B2: 0.1mg (5.68%), Vitamin B6: 0.11mg (5.27%), Vitamin B1: 0.08mg (5.1%),

Calcium: 48.35mg (4.83%), Copper: 0.09mg (4.66%), Folate: 18.59µg (4.65%), Potassium: 160.19mg (4.58%),  
Vitamin B5: 0.32mg (3.18%), Magnesium: 12.46mg (3.11%), Zinc: 0.43mg (2.86%), Selenium: 1.82µg (2.59%), Iron:  
0.46mg (2.55%), Vitamin B12: 0.12µg (2.03%), Vitamin B3: 0.3mg (1.48%)