

Healthy coleslaw



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 6 tbsp yogurt plain
- ☐ 0.5 tsp dijon mustard
- ☐ 2 tbsp mayonnaise
- ☐ 0.5 cabbage white
- ☐ 2 carrots
- ☐ 0.5 onion

Equipment

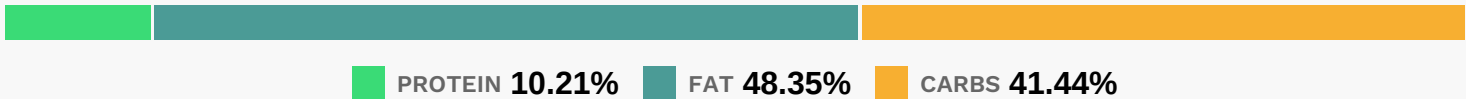
- ☐ food processor

- ☐ bowl
- ☐ grater
- ☐ box grater

Directions

- ☐ Mix the yogurt, mustard and mayonnaise together in a bowl. Then, use a grater attachment on a food processor, or a box grater, to grate the cabbage and carrots. Either grate the onion or chop as finely as you can. Tip all of the vegetables into the bowl and stir through the dressing.
- ☐ Will keep in the fridge for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:36.47, Glycemic Load:2.12, Inflammation Score:-9, Nutrition Score:11.056956547758%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 74.65kcal (3.73%), Fat: 4.24g (6.52%), Saturated Fat: 0.99g (6.22%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 5.54g (2.01%), Sugar: 4.74g (5.26%), Cholesterol: 4.53mg (1.51%), Sodium: 71.01mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Vitamin A: 3494.31IU (69.89%), Vitamin K: 67.77µg (64.54%), Vitamin C: 29.67mg (35.97%), Fiber: 2.63g (10.54%), Folate: 39.8µg (9.95%), Manganese: 0.16mg (8.24%), Vitamin B6: 0.14mg (7%), Potassium: 239.63mg (6.85%), Calcium: 63.92mg (6.39%), Phosphorus: 49.86mg (4.99%), Vitamin B1: 0.07mg (4.72%), Vitamin B2: 0.07mg (4.36%), Magnesium: 15.08mg (3.77%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.41mg (2.76%), Iron: 0.46mg (2.57%), Zinc: 0.33mg (2.19%), Vitamin B3: 0.4mg (2.02%), Copper: 0.03mg (1.5%), Selenium: 0.98µg (1.4%), Vitamin B12: 0.08µg (1.33%)