



## Homemade Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

### Ingredients

- 0.5 cup red bell pepper shredded
- 3 cups cabbage shredded
- 1 cup carrots grated
- 0.5 cup celery shredded
- 0.5 cup bell pepper shredded green
- 1 cup mayonnaise
- 2 tablespoons mustard dijon-style prepared
- 3 cups cabbage shredded red

1 tablespoon distilled vinegar white

## Equipment

bowl

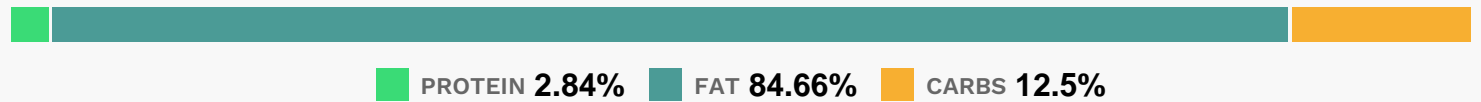
## Directions

In a small bowl combine vinegar, mayonnaise and mustard.

In a large bowl combine cabbage, carrots, bell peppers and celery.

Pour dressing over vegetables, mixing to coat evenly. Chill, and serve over lettuce leaves.

## Nutrition Facts



## Properties

Glycemic Index:41.1, Glycemic Load:1.72, Inflammation Score:-9, Nutrition Score:12.876086947711%

## Flavonoids

Cyanidin: 70.03mg, Cyanidin: 70.03mg, Cyanidin: 70.03mg, Cyanidin: 70.03mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 221.68kcal (11.08%), Fat: 21.24g (32.68%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 4.63g (1.69%), Sugar: 3.79g (4.21%), Cholesterol: 11.76mg (3.92%), Sodium: 249.57mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.21%), Vitamin K: 83.5µg (79.53%), Vitamin A: 3446.39IU (68.93%), Vitamin C: 49.19mg (59.63%), Fiber: 2.42g (9.68%), Manganese: 0.19mg (9.65%), Vitamin B6: 0.18mg (9.09%), Vitamin E: 1.31mg (8.75%), Folate: 29.49µg (7.37%), Potassium: 240.55mg (6.87%), Vitamin B1: 0.07mg (4.63%), Calcium: 39.63mg (3.96%), Phosphorus: 38.25mg (3.82%), Vitamin B2: 0.06mg (3.81%), Magnesium: 15.25mg (3.81%), Iron: 0.64mg (3.57%), Selenium: 2.26µg (3.23%), Vitamin B3: 0.54mg (2.68%), Vitamin B5: 0.26mg (2.62%), Copper: 0.04mg (1.8%), Zinc: 0.27mg (1.79%)