



Honey Dijon Mustard and Poppy Seed Coleslaw with Cranberries and Toasted Almonds

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



226 kcal

SIDE DISH

Ingredients

- 5 cups cabbage shredded
- 0.5 cup celery diced finely
- 2 tablespoons chives minced
- 1.5 cups cranberries dried
- 0.5 cup bell pepper diced green finely
- 12 servings salt and ground pepper black to taste

- 2 tablespoons honey
- 3 tablespoons honey–dijon mustard
- 1 cup mayonnaise
- 1 tablespoon poppy seeds
- 0.5 cup slivered almonds

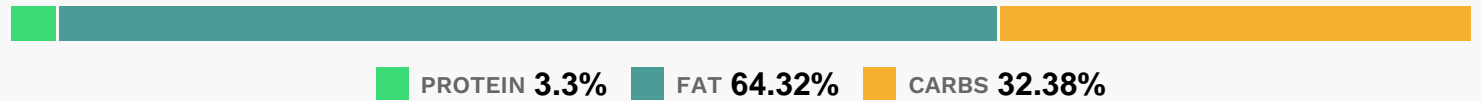
Equipment

- bowl
- frying pan
- whisk

Directions

- Spray a small skillet lightly with olive oil cooking spray and place over medium–low heat. Cook and stir almonds in the skillet until lightly golden brown and fragrant, 2 to 3 minutes.
- Remove from heat and transfer to a bowl to cool.
- Stir cabbage, cranberries, green bell pepper, celery, and chives in a salad bowl. Toss toasted almonds with cabbage mixture.
- Whisk mayonnaise, honey–Dijon mustard, honey, and poppy seeds together in a small bowl. Stir dressing into slaw until coated. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:2.09, Inflammation Score:-3, Nutrition Score:7.2900000447812%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

0.02mg, Naringenin: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 226.04kcal (11.3%), Fat: 16.87g (25.95%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 16.49g (6%), Sugar: 15.4g (17.11%), Cholesterol: 7.84mg (2.61%), Sodium: 169.76mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Vitamin K: 56.72µg (54.02%), Vitamin C: 16.16mg (19.59%), Vitamin E: 2.19mg (14.59%), Manganese: 0.29mg (14.31%), Fiber: 2.62g (10.48%), Magnesium: 22.38mg (5.59%), Phosphorus: 47.78mg (4.78%), Folate: 19.08µg (4.77%), Vitamin B2: 0.08mg (4.72%), Copper: 0.09mg (4.45%), Calcium: 43.19mg (4.32%), Potassium: 131.18mg (3.75%), Vitamin B6: 0.07mg (3.64%), Iron: 0.6mg (3.32%), Vitamin B1: 0.05mg (3.28%), Selenium: 2.22µg (3.18%), Zinc: 0.34mg (2.3%), Vitamin A: 107.6IU (2.15%), Vitamin B3: 0.39mg (1.97%), Vitamin B5: 0.18mg (1.84%)