



Honey-Kissed Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



41 kcal

SIDE DISH

Ingredients

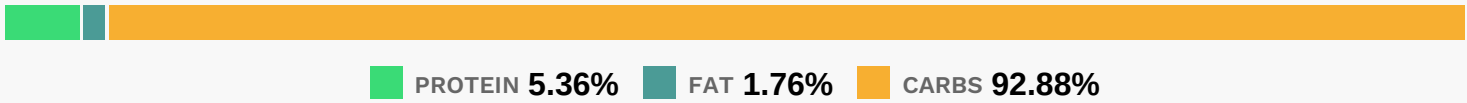
- ☐ 0.5 teaspoon celery seeds
- ☐ 4 cups coleslaw mix
- ☐ 0.5 cup honey-mustard dressing fat-free
- ☐ 0.5 teaspoon pepper

Equipment

Directions

Combine 4 cups coleslaw mix, 1/2 teaspoon celery seeds, 1/2 teaspoon pepper, and 1/2 cup fat-free honey-mustard dressing; toss gently.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:2.9400000442629%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 40.68kcal (2.03%), Fat: 0.07g (0.11%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.47g (2.71%), Sugar: 4.23g (4.7%), Cholesterol: 0mg (0%), Sodium: 84.34mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin K: 26.8µg (25.53%), Vitamin C: 12.83mg (15.55%), Manganese: 0.08mg (4.07%), Folate: 15.08µg (3.77%), Fiber: 0.92g (3.69%), Vitamin B6: 0.04mg (2.24%), Potassium: 62.91mg (1.8%), Calcium: 16.76mg (1.68%), Vitamin B1: 0.02mg (1.46%), Iron: 0.23mg (1.29%), Magnesium: 4.96mg (1.24%)