



Horseradish-Mayonnaise Coleslaw

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon celery seeds
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup horseradish fresh grated
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon pepper
- ☐ 1 small cabbage shredded red
- ☐ 0.5 teaspoon salt
- ☐ 1 small savoy cabbage shredded

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0.8 cup cup heavy whipping cream sour

Equipment

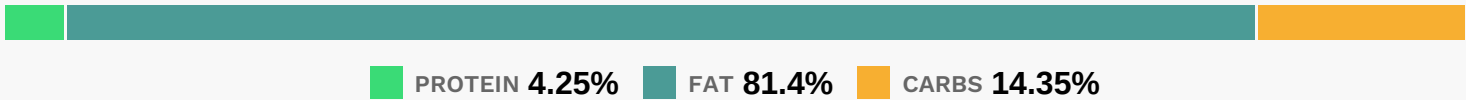
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bowl

Directions

- ☐ Stir together first 7 ingredients in a large bowl.
- ☐ Add savoy and red cabbage, and toss well to coat. Cover and chill 1 hour.
- ☐ *2 tablespoons prepared horseradish may be substituted for fresh.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:9.8721739727518%

Flavonoids

Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg, Cyanidin: 99.14mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 181.84kcal (9.09%), Fat: 16.89g (25.98%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.29g (3.65%), Cholesterol: 16.32mg (5.44%), Sodium: 243.63mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin K: 74.86µg (71.29%), Vitamin C: 38.8mg (47.04%), Vitamin A: 1007.83IU (20.16%), Manganese: 0.22mg (10.77%), Folate: 40.59µg (10.15%), Vitamin B6: 0.18mg (8.95%), Fiber: 2.2g (8.78%), Potassium: 229.47mg (6.56%), Calcium: 52.77mg (5.28%), Vitamin E: 0.78mg (5.23%), Magnesium: 20.54mg (5.13%), Phosphorus: 45.9mg (4.59%), Vitamin B2: 0.07mg (4.24%), Vitamin B1: 0.06mg (4.12%), Iron: 0.63mg (3.53%), Selenium: 1.6µg (2.29%), Vitamin B5: 0.22mg (2.22%), Copper: 0.04mg (2.02%), Zinc: 0.29mg (1.94%), Vitamin B3: 0.33mg (1.64%)