

Hot Bacon Slaw

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



3

CALORIES



141 kcal

SIDE DISH

Ingredients

- 2 slices bacon
- 0.3 cup balsamic vinegar
- 1.5 tablespoons brown sugar
- 16 ounce ready-to-eat coleslaw
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon lawry's seasoned salt
- 3 tablespoons water

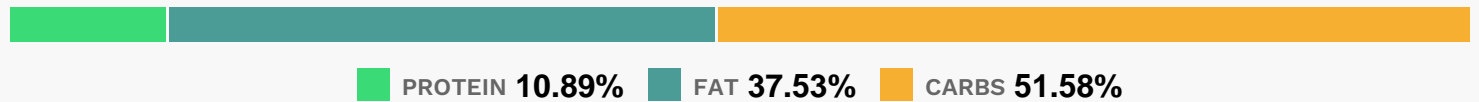
Equipment

frying pan

Directions

- Cook bacon in a large nonstick skillet over medium–high heat until crisp; remove bacon from skillet, reserving drippings in skillet. Set bacon aside.
- Add coleslaw to drippings, and saut over medium–high heat 3 minutes.
- Add vinegar and next 4 ingredients (vinegar through red pepper); cook 1 minute, stirring constantly.
- Remove from heat; crumble bacon, and stir into coleslaw mixture.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:4.02, Inflammation Score:-5, Nutrition Score:13.030434893525%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 140.99kcal (7.05%), Fat: 6g (9.23%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 14.73g (5.36%), Sugar: 13.85g (15.39%), Cholesterol: 9.68mg (3.23%), Sodium: 519.26mg (22.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin K: 115.04µg (109.57%), Vitamin C: 55.47mg (67.23%), Folate: 65.25µg (16.31%), Fiber: 3.83g (15.3%), Manganese: 0.28mg (13.98%), Vitamin B6: 0.23mg (11.65%), Potassium: 321.29mg (9.18%), Vitamin B1: 0.13mg (8.88%), Calcium: 72.87mg (7.29%), Phosphorus: 65.2mg (6.52%), Magnesium: 23.41mg (5.85%), Iron: 0.98mg (5.46%), Selenium: 3.49µg (4.98%), Vitamin B3: 0.96mg (4.82%), Vitamin A: 222.95IU (4.46%), Vitamin B2: 0.07mg (4.35%), Vitamin B5: 0.41mg (4.1%), Zinc: 0.47mg (3.14%), Copper: 0.05mg (2.33%), Vitamin E: 0.34mg (2.26%), Vitamin B12: 0.07µg (1.22%)