



KRAFT Red & Green Slaw

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



101 kcal

SIDE DISH

Ingredients

- 3 Tbsp apple jelly
- 2 carrots shredded
- 1 cup the dressing kraft
- 2 Tbsp parsley fresh chopped
- 1 green onion sliced
- 0.5 cup raisins
- 4 cups cabbage shredded green red

Equipment

bowl

Directions

- Mix dressing and jelly until blended.
- Combine remaining ingredients in large bowl.
- Add dressing mixture; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.91, Glycemic Load:4.07, Inflammation Score:-7, Nutrition Score:4.8430434957795%

Flavonoids

Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 101.2kcal (5.06%), Fat: 5.82g (8.96%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 11.13g (4.05%), Sugar: 6.48g (7.2%), Cholesterol: 6.83mg (2.28%), Sodium: 153.68mg (6.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.25%), Vitamin K: 36.24µg (34.52%), Vitamin A: 1438.21IU (28.76%), Vitamin C: 8.85mg (10.73%), Fiber: 1.1g (4.42%), Vitamin E: 0.61mg (4.05%), Manganese: 0.08mg (3.8%), Potassium: 111.56mg (3.19%), Folate: 12.11µg (3.03%), Vitamin B6: 0.05mg (2.32%), Vitamin B2: 0.03mg (2.02%), Phosphorus: 19.67mg (1.97%), Iron: 0.36mg (1.97%), Vitamin B1: 0.03mg (1.96%), Calcium: 15.08mg (1.51%), Copper: 0.03mg (1.51%), Magnesium: 5.74mg (1.43%), Selenium: 0.98µg (1.4%)