



Latin Slaw

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



20

CALORIES



84 kcal

SIDE DISH

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 2 cups each: and cabbage shredded green red
- 0.5 cup green onions sliced
- 0.3 cup juice of lime
- 0.5 cup real mayo mayonnaise kraft
- 1 tsp pepper sauce hot
- 0.3 tsp salt
- 2 serrano chiles minced seeded

1 cup kernel corn whole canned drained

Equipment

bowl

frying pan

Directions

Combine mayo, lime juice, hot pepper sauce and salt; set aside.

Cook corn in large skillet on medium-high heat until golden brown, stirring frequently.

Place in large bowl.

Add cabbage, chiles, bacon and onions; mix lightly. Stir in mayo mixture.

Serve immediately or cover and refrigerate until ready to serve.

Nutrition Facts



PROTEIN 7.06% **FAT 83.39%** **CARBS 9.55%**

Properties

Glycemic Index:6.3, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.1982608955839%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 83.85kcal (4.19%), Fat: 7.81g (12.01%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.39g (0.43%), Cholesterol: 8.16mg (2.72%), Sodium: 143.23mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin K: 19.72µg (18.78%), Vitamin C: 4.52mg (5.47%), Selenium: 1.94µg (2.77%), Vitamin B3: 0.46mg (2.28%), Vitamin B1: 0.03mg (2.19%), Phosphorus: 20.36mg (2.04%), Vitamin B6: 0.04mg (1.93%), Folate: 7.52µg (1.88%), Vitamin E: 0.26mg (1.71%), Potassium: 51.76mg (1.48%), Manganese: 0.02mg (1.13%), Fiber: 0.28g (1.1%), Zinc: 0.16mg (1.07%)