



Lemon Slaw



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

Ingredients

- ☐ 32 oz coleslaw mix shredded
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1 teaspoon salt

- ☐ 2 teaspoons sugar
- ☐ 0.5 teaspoon worcestershire sauce

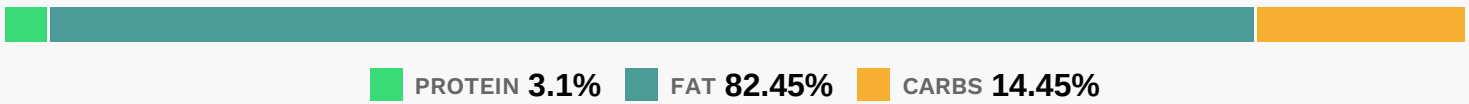
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 9 ingredients in a large bowl until blended; add coleslaw mix, tossing to coat. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:3.26, Inflammation Score:-6, Nutrition Score:12.978695631027%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 300.76kcal (15.04%), Fat: 28.14g (43.3%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 7.1g (2.58%), Sugar: 6.61g (7.34%), Cholesterol: 15.68mg (5.23%), Sodium: 658.81mg (28.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin K: 176.31µg (167.91%), Vitamin C: 57.77mg (70.03%), Folate: 68.16µg (17.04%), Fiber: 3.99g (15.96%), Manganese: 0.28mg (13.78%), Vitamin E: 1.56mg (10.39%), Vitamin B6: 0.2mg (10.05%), Potassium: 284.21mg (8.12%), Vitamin A: 338.39IU (6.77%), Calcium: 66.82mg (6.68%), Vitamin B1: 0.1mg (6.6%), Iron: 0.91mg (5.08%), Magnesium: 19.87mg (4.97%), Phosphorus: 49.41mg (4.94%), Vitamin B2: 0.07mg (4.35%), Vitamin B5: 0.4mg (4.03%), Zinc: 0.35mg (2.34%), Copper: 0.04mg (2.16%), Vitamin B3: 0.4mg (1.99%), Selenium: 1.39µg (1.98%)