

Lemony Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 16 ounce coleslaw mix
- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 1 lemon zest finely
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup scallions light white green thinly sliced

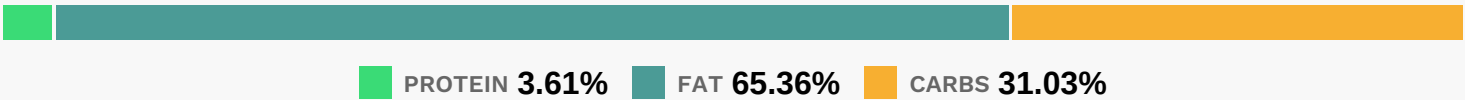
Equipment

☐ bowl

Directions

☐ In a large bowl, combine the coleslaw mix, mayonnaise, raisins, scallions, lemon zest, lemon juice, salt, and pepper. Toss well before serving.

Nutrition Facts



Properties

Glycemic Index:35.78, Glycemic Load:6.48, Inflammation Score:-4, Nutrition Score:9.8960870141568%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 186.27kcal (9.31%), Fat: 14.12g (21.73%), Saturated Fat: 2.23g (13.97%), Carbohydrates: 15.09g (5.03%), Net Carbohydrates: 12.33g (4.48%), Sugar: 9.94g (11.04%), Cholesterol: 7.84mg (2.61%), Sodium: 328.83mg (14.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin K: 105.96µg (100.92%), Vitamin C: 31.24mg (37.86%), Fiber: 2.76g (11.05%), Manganese: 0.21mg (10.26%), Folate: 39.48µg (9.87%), Potassium: 251.21mg (7.18%), Vitamin B6: 0.14mg (7.11%), Vitamin E: 0.79mg (5.28%), Calcium: 46.75mg (4.68%), Iron: 0.77mg (4.27%), Phosphorus: 41.14mg (4.11%), Magnesium: 15.79mg (3.95%), Vitamin B2: 0.06mg (3.82%), Copper: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.64%), Vitamin A: 171.22IU (3.42%), Vitamin B5: 0.22mg (2.23%), Vitamin B3: 0.37mg (1.83%), Zinc: 0.24mg (1.61%), Selenium: 0.81µg (1.16%)