



## Lime and Mango Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



33 kcal

SIDE DISH

### Ingredients

- 12 oz lime yoplait®
- 1 tablespoon sugar
- 2 tablespoons vinegar
- 0.5 teaspoon ground cumin
- 5 cups coleslaw mix (from 16-oz bag)
- 1.5 cups mangos peeled chopped

### Equipment

- bowl

## Directions

- In small bowl, mix yogurt, sugar, vinegar and cumin.
- In 2-quart serving bowl, place coleslaw blend. Top with mango; spoon yogurt mixture over mango.
- Serve immediately, or cover tightly and refrigerate up to 8 hours. Before serving, toss salad lightly to mix.

## Nutrition Facts

**PROTEIN 7.58%** **FAT 4.2%** **CARBS 88.22%**

## Properties

Glycemic Index:21.07, Glycemic Load:3.25, Inflammation Score:-4, Nutrition Score:4.4978260864382%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 32.81kcal (1.64%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.93g (2.52%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 6.23mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Vitamin C: 26.44mg (32.05%), Vitamin K: 23.21µg (22.1%), Fiber: 1.86g (7.45%), Folate: 23.69µg (5.92%), Vitamin A: 266.98IU (5.34%), Vitamin B6: 0.07mg (3.66%), Manganese: 0.07mg (3.31%), Potassium: 114.71mg (3.28%), Calcium: 24.24mg (2.42%), Copper: 0.05mg (2.39%), Iron: 0.4mg (2.2%), Vitamin B1: 0.03mg (2.17%), Vitamin E: 0.29mg (1.96%), Magnesium: 7.6mg (1.9%), Vitamin B5: 0.16mg (1.64%), Phosphorus: 16.1mg (1.61%), Vitamin B2: 0.03mg (1.51%), Vitamin B3: 0.27mg (1.33%)