



Lime and Mango Coleslaw



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



12

CALORIES



287 kcal

SIDE DISH

Ingredients

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

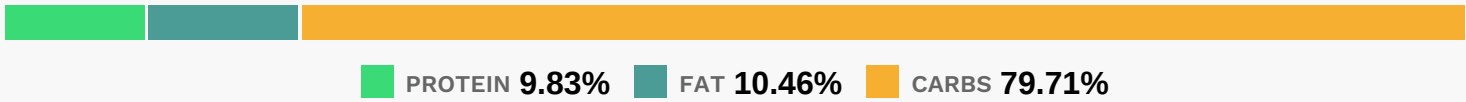
Equipment

- ☐ 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



Properties

Glycemic Index:17.82, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:44.82999996517%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 286.75kcal (14.34%), Fat: 4.38g (6.73%), Saturated Fat: 1.56g (9.72%), Carbohydrates: 75.04g (25.01%), Net Carbohydrates: 32.02g (11.64%), Sugar: 8.34g (9.26%), Cholesterol: 0mg (0%), Sodium: 25.62mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.51%), Vitamin K: 613.9µg (584.67%), Manganese: 4.94mg (246.93%), Iron: 36.54mg (202.98%), Fiber: 43.03g (172.11%), Calcium: 1586.87mg (158.69%), Vitamin E: 18.25mg (121.67%), Magnesium: 270.26mg (67.56%), Folate: 244.78µg (61.19%), Vitamin B6: 1.07mg (53.31%), Vitamin A: 1915.21IU (38.3%), Potassium: 1307.22mg (37.35%), Copper: 0.67mg (33.31%), Vitamin B2: 0.53mg (31.44%), Vitamin B3: 4.77mg (23.86%), Vitamin C: 18.03mg (21.86%), Zinc: 2.71mg (18.04%), Phosphorus: 154.41mg (15.44%), Vitamin B1: 0.19mg (12.62%), Vitamin B5: 1.01mg (10.1%), Selenium: 4.7µg (6.71%)