



Lower-Fat Coleslaw



Vegetarian



Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 head cabbage shredded finely
- ☐ 1 carrots shredded chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons extra-light mayonnaise
- ☐ 0.3 cup milk low-fat
- ☐ 1 small onion minced
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon sugar white
- ☐ 1 tablespoon vinegar white

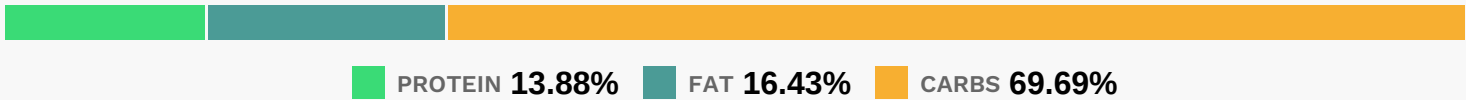
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk mayonnaise, low-fat milk, white vinegar, apple cider vinegar, lemon juice, sugar, and salt together in a bowl and allow dressing to stand while preparing vegetables, about 20 minutes.
- ☐ Pour dressing over cabbage, onion, and carrot in a large salad bowl and toss to combine. For best flavor, refrigerate slaw at least 2 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:34.74, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:11.168261014897%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 49.59kcal (2.48%), Fat: 0.99g (1.53%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 6.28g (2.28%), Sugar: 5.41g (6.01%), Cholesterol: 0.93mg (0.31%), Sodium: 348.7mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin K: 89.19µg (84.94%), Vitamin C: 43.36mg (52.56%), Vitamin A: 1402.26IU (28.05%), Folate: 52.58µg (13.14%), Fiber: 3.21g (12.82%), Manganese: 0.21mg (10.55%), Vitamin B6: 0.17mg (8.36%), Potassium: 246.35mg (7.04%), Calcium: 59.98mg (6%), Vitamin B1: 0.08mg (5.55%), Phosphorus: 43.22mg (4.32%), Magnesium: 16.6mg (4.15%), Vitamin B2: 0.06mg (3.7%), Iron: 0.59mg

(3.27%), Vitamin B5: 0.3mg (3.03%), Vitamin E: 0.3mg (2.02%), Zinc: 0.27mg (1.83%), Vitamin B3: 0.36mg (1.81%),
Copper: 0.03mg (1.5%)