



Mexi-Coleslaw Mix



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 16 oz coleslaw mix shredded
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 tablespoons mayonnaise
- ☐ 6 servings salt to taste
- ☐ 0.5 teaspoon fajita seasoning

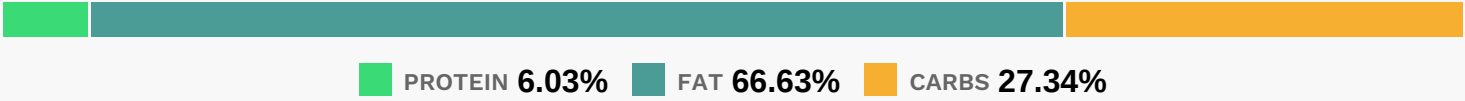
Equipment

- ☐ bowl

Directions

Stir together cilantro, mayonnaise, lime juice, and fajita seasoning in a large bowl; add coleslaw mix, stirring to coat. Season with salt to taste. Cover and chill 30 minutes to 24 hours.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:7.0921739307435%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 68.24kcal (3.41%), Fat: 5.33g (8.2%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 2.84g (1.03%), Sugar: 2.52g (2.8%), Cholesterol: 2.94mg (0.98%), Sodium: 252.06mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Vitamin K: 71.85µg (68.43%), Vitamin C: 28.46mg (34.5%), Folate: 34.16µg (8.54%), Fiber: 2.08g (8.31%), Manganese: 0.14mg (7.17%), Vitamin B6: 0.1mg (4.99%), Potassium: 138.75mg (3.96%), Calcium: 37.92mg (3.79%), Vitamin B1: 0.05mg (3.22%), Iron: 0.53mg (2.93%), Vitamin E: 0.43mg (2.85%), Magnesium: 10.49mg (2.62%), Phosphorus: 22.15mg (2.21%), Vitamin B2: 0.03mg (2.02%), Vitamin A: 95.87IU (1.92%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.16mg (1.07%)