



Nana's Southern Coleslaw



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 head cabbage shredded finely
- ☐ 2 carrots finely chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup milk
- ☐ 2 tablespoons onion finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons distilled vinegar white
- ☐ 0.3 cup sugar white

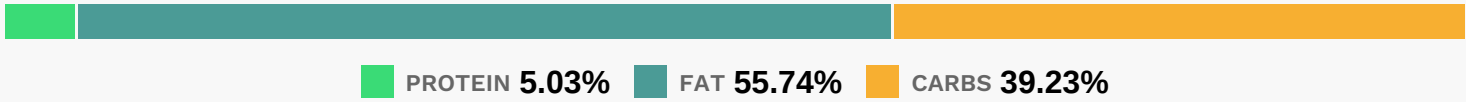
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix cabbage, carrots, and onion in a large salad bowl.
- ☐ Whisk mayonnaise, sugar, milk, buttermilk, lemon juice, vinegar, salt, and black pepper in a separate bowl until smooth and the sugar has dissolved.
- ☐ Pour dressing over cabbage mixture and mix thoroughly. Cover bowl and refrigerate slaw at least 2 hours (the longer the better).
- ☐ Mix again before serving.

Nutrition Facts



Properties

Glycemic Index:48.62, Glycemic Load:8.29, Inflammation Score:-9, Nutrition Score:13.576086992803%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 173.76kcal (8.69%), Fat: 11.15g (17.16%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 14.33g (5.21%), Sugar: 13.69g (15.21%), Cholesterol: 7.62mg (2.54%), Sodium: 276.27mg (12.01%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Vitamin K: 111.2µg (105.9%), Vitamin A: 2693.17IU (53.86%), Vitamin C: 44.08mg (53.43%), Folate: 54.01µg (13.5%), Fiber: 3.33g (13.3%), Manganese: 0.22mg (10.78%), Vitamin B6: 0.18mg (8.75%), Potassium: 274.32mg (7.84%), Calcium: 70.91mg (7.09%), Vitamin B1: 0.09mg (6.04%), Phosphorus: 53.1mg (5.31%), Vitamin E: 0.75mg (4.97%), Vitamin B2: 0.08mg (4.89%), Magnesium: 17.83mg (4.46%), Vitamin B5: 0.37mg (3.72%), Iron: 0.63mg (3.49%), Zinc: 0.33mg (2.2%), Vitamin B3: 0.44mg (2.18%), Copper: 0.04mg (1.8%), Selenium: 1.19µg (1.7%), Vitamin B12: 0.09µg (1.54%), Vitamin D: 0.21µg (1.4%)