



New-Fashioned Apple and Raisin Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rome apple unpeeled chopped (1 medium)
- ☐ 0.5 teaspoon pepper black
- ☐ 16 ounce cabbage-and-carrot coleslaw
- ☐ 1 cup golden raisins
- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 1 teaspoon sugar

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1.5 tablespoons balsamic vinegar white

Equipment

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bowl

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whisk

Directions

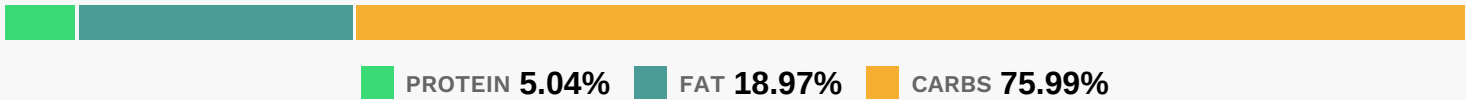
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Combine the first 6 ingredients in a large bowl, stirring with a whisk.

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Add chopped apple, 1 cup raisins, and coleslaw; toss to combine.

Nutrition Facts



Properties

Glycemic Index:35.95, Glycemic Load:11.32, Inflammation Score:-10, Nutrition Score:9.0334782781808%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 131.16kcal (6.56%), Fat: 2.97g (4.57%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 26.75g (8.92%), Net Carbohydrates: 23.66g (8.6%), Sugar: 17.83g (19.81%), Cholesterol: 5.87mg (1.96%), Sodium: 170.35mg (7.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin A: 9540.53IU (190.81%), Fiber: 3.09g (12.38%), Vitamin K: 11.9µg (11.34%), Potassium: 387.24mg (11.06%), Manganese: 0.17mg (8.41%), Vitamin B6: 0.15mg (7.65%), Vitamin C: 5.49mg (6.66%), Phosphorus: 55.89mg (5.59%), Vitamin B2: 0.09mg (5.48%), Copper: 0.11mg (5.28%), Calcium: 52.19mg (5.22%), Magnesium: 16.83mg (4.21%), Vitamin E: 0.61mg (4.08%), Vitamin B3: 0.8mg (4.02%), Folate: 14.07µg (3.52%), Vitamin B1: 0.05mg (3.37%), Iron: 0.58mg (3.24%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.29mg (1.91%), Selenium: 0.77µg (1.11%), Vitamin B12: 0.06µg (1.01%)