



Old-Fashioned Coleslaw

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

Ingredients

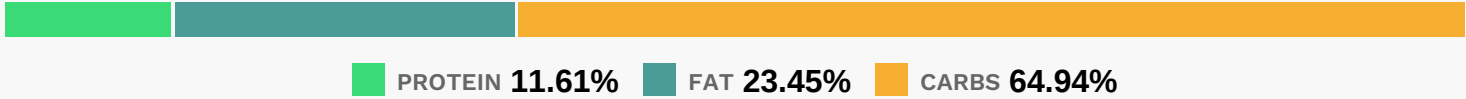
- ☐ 10 ounce angel hair slaw cabbage
- ☐ 1 medium size bell pepper green chopped
- ☐ 4 green onions chopped
- ☐ 3 tablespoons mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 1 medium tomatoes seeded chopped

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:14.59, Inflammation Score:-5, Nutrition Score:9.2299999665955%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 233.11kcal (11.66%), Fat: 6.04g (9.29%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 35.32g (12.84%), Sugar: 2.5g (2.78%), Cholesterol: 2.94mg (0.98%), Sodium: 243.97mg (10.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Selenium: 30.07µg (42.96%), Vitamin K: 31.1µg (29.62%), Manganese: 0.49mg (24.73%), Vitamin C: 20.26mg (24.56%), Phosphorus: 102.62mg (10.26%), Fiber: 2.3g (9.21%), Copper: 0.17mg (8.49%), Magnesium: 30.96mg (7.74%), Vitamin B6: 0.13mg (6.67%), Vitamin A: 328.46IU (6.57%), Potassium: 212.18mg (6.06%), Vitamin B3: 1.06mg (5.31%), Zinc: 0.77mg (5.13%), Iron: 0.87mg (4.84%), Folate: 19.03µg (4.76%), Vitamin B1: 0.07mg (4.43%), Vitamin E: 0.51mg (3.4%), Vitamin B2: 0.05mg (2.68%), Vitamin B5: 0.26mg (2.6%), Calcium: 20.4mg (2.04%)