



Peanut-Mango Coleslaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



112 kcal

SIDE DISH

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 14 oz coleslaw blend (cabbage slaw mix)
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 mangos fresh chopped
- 0.8 cup real mayo mayonnaise kraft
- 0.3 cup onions red finely chopped
- 0.3 cup planters roasted peanuts dry

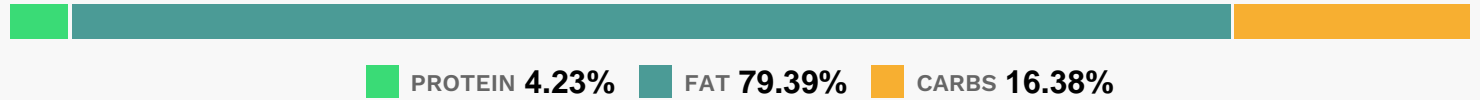
Equipment

bowl

Directions

- Mix mayo and dressing in large bowl until blended.
- Add all remaining ingredients except nuts; mix lightly.
- Refrigerate 1 hour. Top with nuts.

Nutrition Facts



Properties

Glycemic Index:13.65, Glycemic Load:1.43, Inflammation Score:-3, Nutrition Score:4.5995652001837%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 111.56kcal (5.58%), Fat: 10.12g (15.56%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 3.55g (1.29%), Sugar: 3.25g (3.61%), Cholesterol: 4.7mg (1.57%), Sodium: 105.96mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin K: 40.88µg (38.93%), Vitamin C: 14.98mg (18.16%), Manganese: 0.11mg (5.45%), Folate: 20.97µg (5.24%), Vitamin E: 0.7mg (4.7%), Fiber: 1.15g (4.58%), Vitamin A: 201.28IU (4.03%), Vitamin B6: 0.07mg (3.33%), Potassium: 93.18mg (2.66%), Vitamin B3: 0.52mg (2.61%), Magnesium: 9.55mg (2.39%), Phosphorus: 21.43mg (2.14%), Vitamin B1: 0.03mg (1.78%), Copper: 0.04mg (1.76%), Calcium: 15.49mg (1.55%), Vitamin B5: 0.14mg (1.42%), Vitamin B2: 0.02mg (1.41%), Iron: 0.22mg (1.25%), Zinc: 0.15mg (1.02%), Selenium: 0.71µg (1.01%)