



Pear Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 small bosc pears chopped
- ☐ 0.3 cup canola oil
- ☐ 2 rib celery sliced
- ☐ 20 oz coleslaw mix shredded
- ☐ 2 tablespoons dijon mustard
- ☐ 4 green onions sliced
- ☐ 2 tablespoons honey

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt

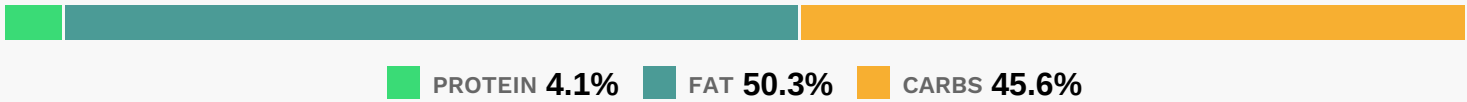
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients. Gradually add oil in a slow, steady stream, whisking constantly until blended. Stir together coleslaw mix and next 3 ingredients in a large bowl; add vinegar mixture, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:5.07, Inflammation Score:-4, Nutrition Score:8.2626086939936%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 122.62kcal (6.13%), Fat: 7.26g (11.17%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 11.55g (4.2%), Sugar: 10.41g (11.57%), Cholesterol: 0mg (0%), Sodium: 274.15mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Vitamin K: 73.13µg (69.65%), Vitamin C: 28.71mg (34.8%), Fiber: 3.27g (13.07%), Vitamin E: 1.42mg (9.49%), Manganese: 0.19mg (9.4%), Folate: 37.37µg (9.34%), Potassium: 195.3mg (5.58%), Vitamin B6: 0.11mg (5.32%), Calcium: 39.71mg (3.97%), Vitamin B1: 0.06mg (3.88%), Magnesium: 14.71mg (3.68%), Iron: 0.59mg (3.3%), Phosphorus: 30.1mg (3.01%), Vitamin A: 142.65IU (2.85%), Vitamin B2:

0.05mg (2.79%), Copper: 0.06mg (2.76%), Selenium: 1.61µg (2.31%), Vitamin B5: 0.19mg (1.89%), Zinc: 0.23mg (1.52%), Vitamin B3: 0.29mg (1.43%)