



WHATSheATE



Pineapple Coleslaw (Ensalada de Repollo con Piña)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 1 small head cabbage shredded
- ☐ 0.5 cup crema de leche
- ☐ 1 cup mayonnaise
- ☐ 20 oz pineapple diced with juice canned
- ☐ 5 tablespoons pineapple juice
- ☐ 8 servings salt and pepper white freshly ground to taste

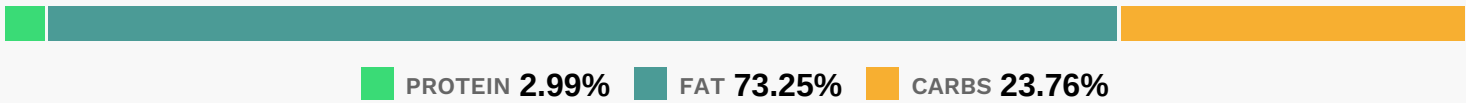
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To make the dressing, in a small bowl, whisk the mayonnaise, pineapple juice, heavy cream, salt and pepper.In a large bowl, combine the cabbage and pineapple and toss to mix.
- ☐ Add the dressing and toss to coat.
- ☐ Serve immediately, or cover and refrigerate for about 1 hour to let the flavors develop.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.92, Inflammation Score:-5, Nutrition Score:12.099130296189%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 316.7kcal (15.84%), Fat: 26.53g (40.82%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 15.67g (5.7%), Sugar: 14.49g (16.1%), Cholesterol: 28.57mg (9.52%), Sodium: 198.88mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Vitamin K: 114.47µg (109.02%), Vitamin C: 40.77mg (49.42%), Fiber: 3.7g (14.78%), Manganese: 0.28mg (13.91%), Folate: 45.8µg (11.45%), Vitamin B1: 0.14mg (9.23%), Vitamin B6: 0.18mg (9.13%), Vitamin E: 1.21mg (8.03%), Potassium: 272.99mg (7.8%), Vitamin A: 360.23IU (7.2%), Calcium: 65.62mg (6.56%), Magnesium: 25.59mg (6.4%), Copper: 0.12mg (6.22%), Iron: 1.01mg (5.59%), Vitamin B2: 0.09mg (5.2%), Phosphorus: 46.94mg (4.69%), Vitamin B5: 0.28mg (2.81%), Selenium: 1.71µg (2.45%), Zinc: 0.34mg (2.28%), Vitamin B3: 0.44mg (2.21%), Vitamin D: 0.29µg (1.96%)