



Pineapple Coleslaw - Quick and Easy



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



15

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce pineapple crushed drained canned
- ☐ 17 ounce coleslaw mix
- ☐ 15 servings salt and ground pepper black to taste
- ☐ 2 cups marshmallows miniature
- ☐ 1.5 cups mayonnaise

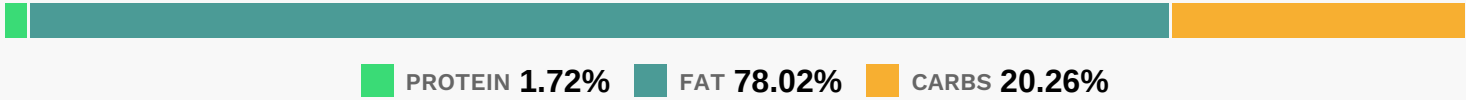
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

☐ Mix marshmallows, mayonnaise, pineapple, salt, and pepper together in a bowl; fold in coleslaw mix. Cover bowl with plastic wrap and refrigerate until flavors blend, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.43, Glycemic Load:3.82, Inflammation Score:-2, Nutrition Score:4.91521742551222%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 190.88kcal (9.54%), Fat: 16.82g (25.88%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 8.8g (3.2%), Sugar: 7.15g (7.95%), Cholesterol: 9.41mg (3.14%), Sodium: 153.53mg (6.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Vitamin K: 61.2µg (58.29%), Vitamin C: 13.18mg (15.98%), Vitamin E: 0.79mg (5.25%), Fiber: 1.03g (4.13%), Folate: 15.78µg (3.94%), Manganese: 0.07mg (3.31%), Vitamin B6: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.5%), Potassium: 79.51mg (2.27%), Calcium: 17.71mg (1.77%), Copper: 0.03mg (1.72%), Magnesium: 6.65mg (1.66%), Phosphorus: 14.81mg (1.48%), Iron: 0.27mg (1.47%), Vitamin B2: 0.02mg (1.21%), Selenium: 0.79µg (1.13%), Vitamin B5: 0.11mg (1.08%), Vitamin A: 54.15IU (1.08%)