



WHATSheATE



Poppy Seed Fruited Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons canola oil
- ☐ 16 ounce cabbage-and-carrot coleslaw
- ☐ 3 tablespoons cider vinegar
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 tablespoon onion fresh minced
- ☐ 0.5 cup orange sections
- ☐ 1 teaspoon poppy seeds
- ☐ 1 cup grapes red seedless halved

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

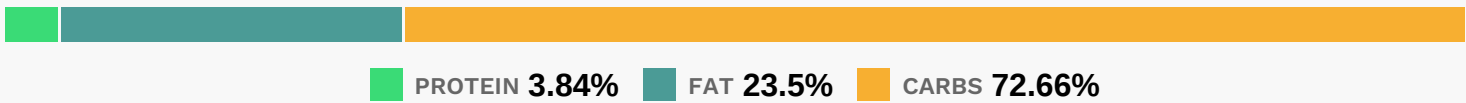
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare coleslaw, chop orange sections.
- ☐ Combine the oranges, grapes, and coleslaw in a large bowl.
- ☐ To prepare dressing, combine 1/4 cup sugar and the remaining ingredients, stirring with a whisk until sugar dissolves.
- ☐ Add the dressing mixture to cabbage mixture, and toss well. Cover and chill for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.24, Glycemic Load:10.87, Inflammation Score:-10, Nutrition Score:9.4986956093622%

Flavonoids

Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg, Naringenin: 2.3mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 116.78kcal (5.84%), Fat: 3.2g (4.93%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 19.43g (7.07%), Sugar: 17.33g (19.26%), Cholesterol: 0mg (0%), Sodium: 150.24mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.35%), Vitamin A: 12679.97IU (253.6%), Vitamin C: 13.39mg (16.23%), Vitamin K: 15.57µg (14.83%), Fiber: 2.85g (11.4%), Manganese: 0.19mg (9.44%), Potassium: 330.05mg (9.43%), Vitamin E: 1.06mg (7.05%), Vitamin B6: 0.14mg (6.94%), Vitamin B1: 0.09mg (5.78%), Folate: 20.36µg (5.09%), Vitamin B3: 0.85mg (4.24%), Calcium: 42.15mg (4.21%), Copper: 0.08mg (4.19%), Vitamin B2: 0.07mg

(4.14%), Phosphorus: 40.41mg (4.04%), Magnesium: 15.23mg (3.81%), Vitamin B5: 0.26mg (2.61%), Iron: 0.42mg (2.33%), Zinc: 0.27mg (1.77%)