



Quick Coleslaw

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



3 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- 16 ounce cabbage-and-carrot coleslaw
- 1 teaspoon fennel seeds
- 0.3 cup mayonnaise light
- 3 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 1 teaspoon sugar

Equipment

- bowl

whisk

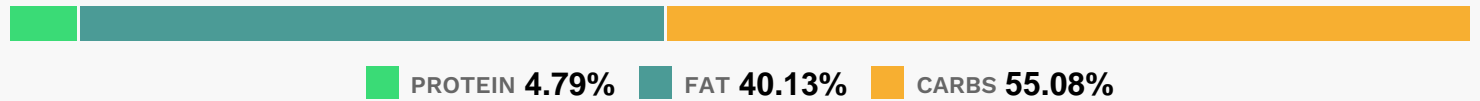
Directions

Place coleslaw in a serving bowl.

Combine mayonnaise and next 3 ingredients in a small bowl, stirring well with a whisk. Spoon dressing over coleslaw, and toss well.

Sprinkle with fennel seeds. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:29.23, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:9.91434781966%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 98.63kcal (4.93%), Fat: 4.49g (6.91%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 10.5g (3.82%), Sugar: 7.04g (7.82%), Cholesterol: 2.99mg (1%), Sodium: 524.65mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Vitamin A: 18958.03IU (379.16%), Vitamin K: 24.99µg (23.8%), Fiber: 3.37g (13.5%), Potassium: 381.6mg (10.9%), Manganese: 0.2mg (10.1%), Vitamin C: 6.85mg (8.31%), Vitamin B6: 0.16mg (7.96%), Vitamin E: 1.16mg (7.71%), Vitamin B3: 1.15mg (5.73%), Folate: 22.29µg (5.57%), Vitamin B1: 0.08mg (5.23%), Phosphorus: 45.82mg (4.58%), Calcium: 45.39mg (4.54%), Magnesium: 16.36mg (4.09%), Vitamin B2: 0.07mg (3.98%), Vitamin B5: 0.32mg (3.2%), Copper: 0.06mg (3.07%), Iron: 0.51mg (2.85%), Zinc: 0.31mg (2.05%)