



## Quick Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

## Ingredients

- 16 oz coleslaw blend (cabbage slaw mix)
- 0.5 cup green onion
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 0.3 tsp cracked pepper black
- 0.5 bell pepper red cut into thin strips

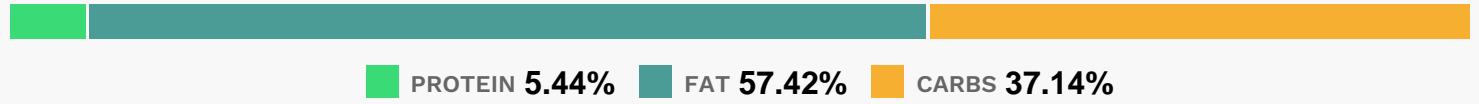
## Equipment

- bowl

## Directions

- Toss coleslaw blend with onions, red peppers and black pepper in large bowl.
- Add dressing; mix lightly. Cover.
- Refrigerate at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:5.8469564603723%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 56.91kcal (2.85%), Fat: 3.79g (5.84%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.72g (4.14%), Cholesterol: 0mg (0%), Sodium: 184.23mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 55.07µg (52.44%), Vitamin C: 25.23mg (30.58%), Folate: 25.45µg (6.36%), Vitamin A: 287.21IU (5.74%), Fiber: 1.4g (5.61%), Manganese: 0.1mg (4.95%), Vitamin B6: 0.09mg (4.4%), Vitamin E: 0.58mg (3.84%), Potassium: 118.93mg (3.4%), Vitamin B1: 0.04mg (2.48%), Calcium: 24.67mg (2.47%), Magnesium: 8.12mg (2.03%), Iron: 0.36mg (2.02%), Phosphorus: 17.91mg (1.79%), Vitamin B2: 0.03mg (1.61%), Vitamin B5: 0.12mg (1.19%), Vitamin B3: 0.21mg (1.07%)