



Quick Thousand Island Slaw



Vegetarian



Dairy Free

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READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

84 kcal

SIDE DISH

Ingredients



1 tablespoon parsley leaves fresh chopped



1 cup cabbage shredded green



2 tablespoons hamburger relish



2 tablespoons catsup



0.3 cup mayonnaise light



1 cup cabbage shredded red

Equipment

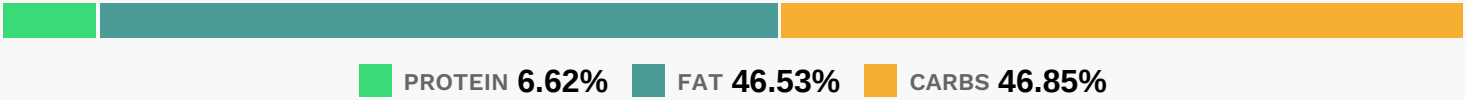


bowl

Directions

- ☐ Combine all ingredients in a large bowl and toss to combine.
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Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.85, Inflammation Score:-5, Nutrition Score:5.9830434581508%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 84.26kcal (4.21%), Fat: 4.5g (6.93%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 9.11g (3.31%), Sugar: 4.22g (4.69%), Cholesterol: 2.99mg (1%), Sodium: 268.64mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin K: 48.8µg (46.48%), Vitamin C: 20.82mg (25.24%), Vitamin A: 401.32IU (8.03%), Manganese: 0.13mg (6.66%), Folate: 21.42µg (5.36%), Vitamin B1: 0.07mg (4.55%), Fiber: 1.09g (4.37%), Vitamin B6: 0.09mg (4.3%), Vitamin E: 0.6mg (3.98%), Selenium: 2.74µg (3.91%), Potassium: 125.24mg (3.58%), Iron: 0.63mg (3.49%), Vitamin B2: 0.06mg (3.4%), Calcium: 31.28mg (3.13%), Vitamin B3: 0.57mg (2.83%), Phosphorus: 24.02mg (2.4%), Magnesium: 9.21mg (2.3%), Copper: 0.03mg (1.33%), Zinc: 0.17mg (1.14%)