



Ranch-Style Coleslaw with Bacon

 Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



100 kcal

SIDE DISH

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 16 oz coleslaw blend (cabbage slaw mix)
- 0.5 cup classic ranch dressing kraft

Equipment

Directions

- Combine ingredients.

Nutrition Facts

PROTEIN 7.32% FAT 79.03% CARBS 13.65%

Properties

Glycemic Index:4.4, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:5.2082609586094%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 99.64kcal (4.98%), Fat: 8.88g (13.66%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.32g (0.84%), Sugar: 2.01g (2.24%), Cholesterol: 8.93mg (2.98%), Sodium: 174.54mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin K: 50.55µg (48.15%), Vitamin C: 16.6mg (20.12%), Folate: 19.98µg (5%), Phosphorus: 46.79mg (4.68%), Fiber: 1.13g (4.54%), Vitamin B6: 0.08mg (4.16%), Manganese: 0.08mg (3.93%), Vitamin B1: 0.05mg (3.58%), Selenium: 2.32µg (3.32%), Potassium: 102.21mg (2.92%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.24mg (2.41%), Vitamin B3: 0.47mg (2.33%), Calcium: 21.94mg (2.19%), Vitamin B2: 0.04mg (2.1%), Magnesium: 7.1mg (1.77%), Iron: 0.29mg (1.58%), Zinc: 0.21mg (1.37%), Vitamin B12: 0.06µg (1.07%), Vitamin A: 52.27IU (1.05%)