



Red-and-Green Coleslaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery thinly sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 6 cups cabbage green thinly sliced
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.3 cup nonfat cream sour
- ☐ 2 cups cabbage red thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

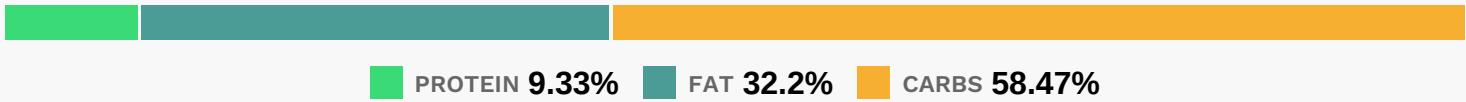
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl; stir with a wire whisk until blended.
- ☐ Add green and red cabbage and celery; toss to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:2.97, Inflammation Score:-7, Nutrition Score:11.34434783977%

Flavonoids

Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg, Cyanidin: 62.25mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.7mg, Apigenin: 5.7mg, Apigenin: 5.7mg, Apigenin: 5.7mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 76.19kcal (3.81%), Fat: 2.93g (4.5%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 9.36g (3.4%), Sugar: 6.04g (6.72%), Cholesterol: 3.14mg (1.05%), Sodium: 343.52mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin K: 114.68µg (109.22%), Vitamin C: 46.76mg (56.68%), Vitamin A: 689.49IU (13.79%), Manganese: 0.23mg (11.31%), Folate: 44.52µg (11.13%), Fiber: 2.61g (10.43%), Vitamin B6: 0.16mg (8.07%), Potassium: 250.06mg (7.14%), Calcium: 65.22mg (6.52%), Vitamin B1: 0.07mg (4.81%), Phosphorus: 44.85mg (4.48%), Vitamin B2: 0.08mg (4.45%), Iron: 0.78mg (4.31%), Magnesium: 17.13mg (4.28%), Vitamin E: 0.45mg (3.03%), Vitamin B5: 0.23mg (2.33%), Selenium: 1.49µg (2.12%), Zinc: 0.31mg (2.04%), Vitamin B3: 0.37mg (1.84%), Copper: 0.03mg (1.52%)