



## Red, White and Blue Cheese Coleslaw

 **Gluten Free**

READY IN



**70 min.**

SERVINGS



**8**

CALORIES



**117 kcal**

**SIDE DISH**

### Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 0.3 cup natural cheese crumbles blue kraft
- 0.5 cup cheese dressing blue kraft
- 16 oz coleslaw blend (cabbage slaw mix)
- 1 bell pepper red cut into thin strips

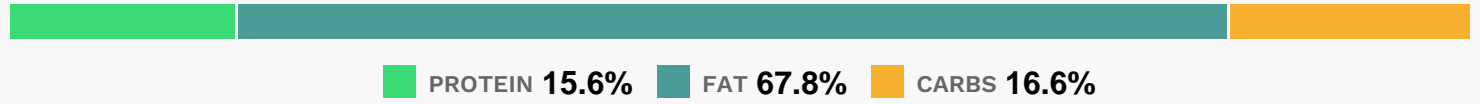
### Equipment

- bowl

## Directions

- Toss coleslaw blend with peppers and dressing in large bowl.
- Refrigerate 1 hour.
- Top with cheese and bacon just before serving.

## Nutrition Facts



## Properties

Glycemic Index:12.88, Glycemic Load:1.04, Inflammation Score:-5, Nutrition Score:8.3152173783468%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 116.9kcal (5.84%), Fat: 8.96g (13.79%), Saturated Fat: 3.41g (21.29%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.89g (3.21%), Cholesterol: 14.21mg (4.74%), Sodium: 312.33mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin C: 39.84mg (48.29%), Vitamin K: 44.75µg (42.62%), Vitamin A: 560.05IU (11.2%), Vitamin B6: 0.17mg (8.38%), Folate: 33.2µg (8.3%), Phosphorus: 71.41mg (7.14%), Fiber: 1.73g (6.92%), Selenium: 4.36µg (6.23%), Vitamin B1: 0.09mg (6.16%), Calcium: 60.45mg (6.04%), Manganese: 0.11mg (5.48%), Vitamin B3: 0.99mg (4.96%), Potassium: 172.01mg (4.91%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.33mg (3.32%), Zinc: 0.48mg (3.23%), Magnesium: 12.61mg (3.15%), Vitamin E: 0.44mg (2.93%), Vitamin B12: 0.17µg (2.82%), Iron: 0.49mg (2.71%), Copper: 0.02mg (1.17%)