



Restaurant-Style Coleslaw I



Vegetarian



Gluten Free



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 16 ounce coleslaw mix
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2.5 tablespoons juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup milk
- ☐ 2 tablespoons onion minced
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup sugar white
- ☐ 1.5 tablespoons citrus champagne vinegar

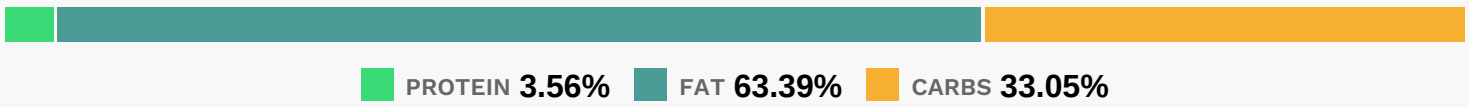
Equipment

- ☐ bowl

Directions

- ☐ Combine the coleslaw and onion in a large bowl.
- ☐ In a separate bowl, combine the sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar and lemon juice; mix until smooth.
- ☐ Pour mixture over the coleslaw and onion; stir well and chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:6.98, Inflammation Score:-2, Nutrition Score:6.4791303432506%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 153.33kcal (7.67%), Fat: 11.06g (17.02%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 11.49g (4.18%), Sugar: 11.17g (12.41%), Cholesterol: 7.62mg (2.54%), Sodium: 255.68mg (11.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin K: 66.02µg (62.87%), Vitamin C: 22.76mg (27.59%), Folate: 26.87µg (6.72%), Fiber: 1.48g (5.93%), Manganese: 0.1mg (5.1%), Calcium: 43.14mg (4.31%), Vitamin B6: 0.08mg (4.2%), Potassium: 130.94mg (3.74%), Vitamin E: 0.56mg (3.74%), Phosphorus: 33.13mg (3.31%), Vitamin B1: 0.05mg (3.07%), Vitamin B2: 0.05mg (3.05%), Magnesium: 9.31mg (2.33%), Vitamin B5: 0.21mg (2.11%), Iron: 0.33mg (1.82%), Vitamin A: 89.89IU (1.8%), Vitamin B12: 0.09µg (1.54%), Selenium: 0.98µg (1.41%), Vitamin D: 0.21µg (1.4%), Zinc: 0.19mg (1.28%)