



## Seven-Layer Slaw

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



130 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

### Ingredients

- 2 cups coleslaw mix
- 2 cups carrots shredded
- 2 cups broccoli slaw
- 1 cup bell pepper red yellow chopped
- 1 cup the dressing
- 1 serving broccoli slaw

### Equipment

- bowl

## Directions

- In bottom of 2 1/2-quart clear glass bowl, evenly spread 1 cup of the coleslaw mix.
- Layer with 1 cup of the carrots, 1 cup of the broccoli slaw and the bell pepper.
- Layer with remaining coleslaw mix, carrots and broccoli slaw.
- Pour dressing over coleslaw.
- Sprinkle with additional broccoli slaw. Cover and refrigerate at least 2 hours but no longer than 24 hours. Toss before serving.

## Nutrition Facts

**PROTEIN 5.16%** **FAT 60.33%** **CARBS 34.51%**

## Properties

Glycemic Index:20.47, Glycemic Load:2.01, Inflammation Score:-10, Nutrition Score:16.988695668138%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 212.63kcal (10.63%), Fat: 14.76g (22.7%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 16.69g (6.07%), Sugar: 12.65g (14.05%), Cholesterol: 17.08mg (5.69%), Sodium: 402.8mg (17.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin A: 8161.87IU (163.24%), Vitamin C: 91.4mg (110.79%), Vitamin K: 52.12µg (49.64%), Folate: 68.03µg (17.01%), Manganese: 0.29mg (14.49%), Vitamin E: 1.99mg (13.28%), Vitamin B6: 0.25mg (12.27%), Potassium: 411.64mg (11.76%), Fiber: 2.3g (9.2%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 79.17mg (7.92%), Vitamin B1: 0.1mg (6.91%), Magnesium: 25.11mg (6.28%), Vitamin B5: 0.58mg (5.77%), Calcium: 53.78mg (5.38%), Vitamin B3: 1.07mg (5.37%), Selenium: 3.69µg (5.28%), Iron: 0.94mg (5.21%), Zinc: 0.48mg (3.2%), Copper: 0.06mg (2.93%)