



Simple Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- 0.3 cup apple cider vinegar
- 0.3 cup canola oil
- 0.3 teaspoon celery seeds
- 16 oz coleslaw mix shredded
- 1 tablespoon honey
- 2 tablespoons mayonnaise
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

Equipment

bowl

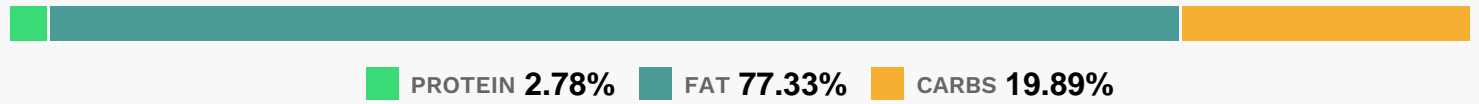
whisk

Directions

Whisk together vinegar, canola oil, mayonnaise, honey, salt, pepper, and celery seeds in a large bowl. Stir in coleslaw mix.

Serve immediately, or chill up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:2.66, Inflammation Score:-3, Nutrition Score:7.4073914093492%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 146.41kcal (7.32%), Fat: 12.92g (19.88%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.55g (2.02%), Sugar: 5.36g (5.96%), Cholesterol: 1.96mg (0.65%), Sodium: 237.82mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Vitamin K: 71.85µg (68.43%), Vitamin C: 27.7mg (33.58%), Vitamin E: 1.9mg (12.68%), Manganese: 0.17mg (8.32%), Folate: 32.83µg (8.21%), Fiber: 1.93g (7.71%), Vitamin B6: 0.1mg (4.8%), Potassium: 140.85mg (4.02%), Calcium: 33.48mg (3.35%), Vitamin B1: 0.05mg (3.13%), Magnesium: 10.2mg (2.55%), Iron: 0.45mg (2.48%), Phosphorus: 22.16mg (2.22%), Vitamin B2: 0.03mg (1.93%), Vitamin B5: 0.17mg (1.72%), Vitamin A: 77.62IU (1.55%), Zinc: 0.16mg (1.08%)