



Slaw and Order

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



190 kcal

SIDE DISH

Ingredients

- 12 ounce broccoli cole slaw dry (4 cups)
- 1 teaspoon garlic chopped to taste
- 1 Dash onion powder to taste
- 1 Dash pepper red crushed to taste
- 2 servings salt and pepper black freshly ground
- 3 tablespoons topping parmesan-style grated reduced-fat
- 1 cup creamy tomato soup low-fat canned crushed

Equipment

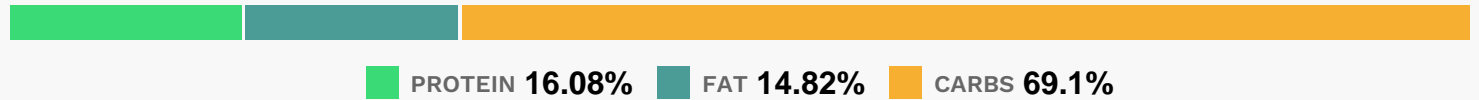
frying pan

stove

Directions

- Bring a skillet sprayed with nonstick spray to medium-high heat on the stove.
- Add slaw and 1/4 cup water. Stirring occasionally, cook until water has evaporated and slaw has softened slightly, about 5 to 8 minutes.
- Add soup, garlic, onion powder, dash each salt, black pepper, crushed red pepper, and 2 tablespoons grated topping. Stir and continue to cook until hot, about 3 to 4 minutes.
- Season with additional spices, if you like. Top with remaining tablespoon grated topping. Enjoy!

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:2.63, Inflammation Score:-9, Nutrition Score:19.513478166383%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 190.43kcal (9.52%), Fat: 3.49g (5.37%), Saturated Fat: 1.28g (8%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 33.39g (12.14%), Sugar: 15.29g (16.99%), Cholesterol: 0.28mg (0.09%), Sodium: 305.72mg (13.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Vitamin C: 170.3mg (206.43%), Manganese: 0.76mg (38.09%), Folate: 138.04µg (34.51%), Potassium: 1001.53mg (28.62%), Vitamin B6: 0.48mg (24.06%), Magnesium: 81.59mg (20.4%), Copper: 0.41mg (20.32%), Iron: 3.5mg (19.47%), Vitamin A: 956.62IU (19.13%), Phosphorus: 182.84mg (18.28%), Vitamin B2: 0.29mg (17.29%), Vitamin E: 2.28mg (15.23%), Vitamin B1: 0.22mg (14.43%), Calcium: 141.99mg (14.2%), Vitamin B3: 2.65mg (13.27%), Fiber: 3.25g (12.99%), Vitamin B5: 1.29mg (12.95%), Selenium: 6.78µg (9.69%), Zinc: 1.28mg (8.56%), Vitamin K: 7.39µg (7.04%)