



Sour Cream Coleslaw



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 10 oz cabbage shredded finely
- ☐ 2 teaspoons celery seeds
- ☐ 0.5 cup bell pepper diced green
- ☐ 1.5 tablespoons onion red minced
- ☐ 0.5 teaspoon salt
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vinegar white

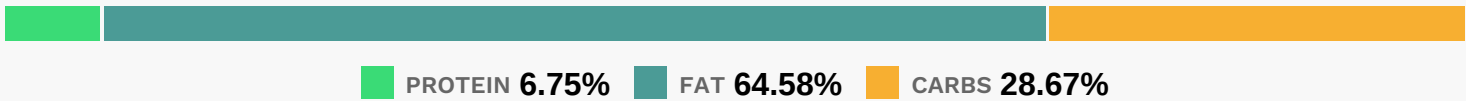
Equipment

☐ bowl

Directions

☐ Stir together sour cream and next 4 ingredients in a large bowl; add shredded cabbage, bell pepper, and onion, tossing well. Cover and chill at least 2 hours or up to 8 hours. Toss coleslaw before serving.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:0.87, Inflammation Score:-2, Nutrition Score:2.5317391221938%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 40.37kcal (2.02%), Fat: 3.03g (4.66%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.42g (0.88%), Sugar: 2.08g (2.31%), Cholesterol: 8.92mg (2.97%), Sodium: 86.25mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin K: 14.96µg (14.25%), Vitamin C: 11.17mg (13.53%), Manganese: 0.06mg (3.01%), Calcium: 28.39mg (2.84%), Vitamin A: 131.25IU (2.63%), Folate: 9.75µg (2.44%), Fiber: 0.61g (2.42%), Vitamin B6: 0.04mg (2.22%), Vitamin B2: 0.04mg (2.09%), Phosphorus: 19.19mg (1.92%), Potassium: 64.97mg (1.86%), Magnesium: 5.56mg (1.39%), Iron: 0.24mg (1.33%), Vitamin B1: 0.02mg (1.25%)