



Southern Coleslaw

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

READY IN

ready

80 min.

SERVINGS

servings

6

CALORIES

calories

190 kcal

SIDE DISH

Ingredients

- ☐ 6 slices crisply bacon crumbled cooked
- ☐ 1 tablespoon brown mustard coarse-grain
- ☐ 1 head cabbage shredded cored
- ☐ 2 hard-cooked eggs peeled chopped
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon red wine vinegar
- ☐ 6 servings salt and pepper to taste
- ☐ 1 teaspoon sugar white

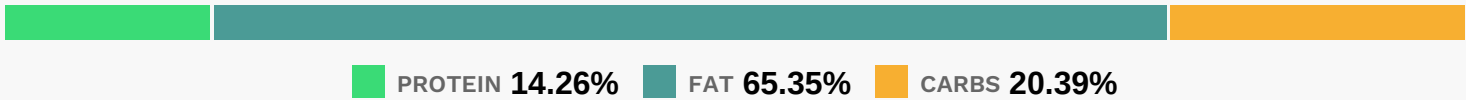
Equipment

☐ bowl

Directions

- ☐ In a large bowl, stir together the vinegar, sugar, mayonnaise and mustard.
- ☐ Add the cabbage, eggs and bacon, and toss lightly to coat with the dressing. Season with salt and pepper. Refrigerate for 1 hour before serving to blend flavors.

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:14.716956542886%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 190.46kcal (9.52%), Fat: 14.16g (21.78%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 6.11g (2.22%), Sugar: 5.79g (6.43%), Cholesterol: 75.31mg (25.1%), Sodium: 455.37mg (19.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.91%), Vitamin K: 135.37µg (128.92%), Vitamin C: 55.42mg (67.18%), Folate: 73.57µg (18.39%), Fiber: 3.82g (15.3%), Selenium: 10.63µg (15.18%), Manganese: 0.26mg (12.95%), Vitamin B6: 0.25mg (12.65%), Phosphorus: 104.63mg (10.46%), Vitamin B1: 0.15mg (10.14%), Vitamin B2: 0.17mg (9.88%), Potassium: 324.16mg (9.26%), Calcium: 71.91mg (7.19%), Vitamin B5: 0.67mg (6.67%), Vitamin B3: 1.22mg (6.1%), Magnesium: 23.77mg (5.94%), Iron: 1.06mg (5.86%), Vitamin E: 0.86mg (5.72%), Vitamin A: 246.13IU (4.92%), Zinc: 0.73mg (4.88%), Vitamin B12: 0.29µg (4.79%), Vitamin D: 0.42µg (2.82%), Copper: 0.04mg (2.21%)