



Special Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 2 cups carrots shredded finely
- ☐ 2 tablespoons tomato-based chili sauce (for seafood cocktails)
- ☐ 1 tablespoon dijon mustard coarse-grain
- ☐ 10 cup cabbage shredded green finely
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup nonfat yogurt plain
- ☐ 0.8 cup bell pepper diced red ()

- ☐ 10 servings salt and pepper
- ☐ 3 tablespoons relish sweet

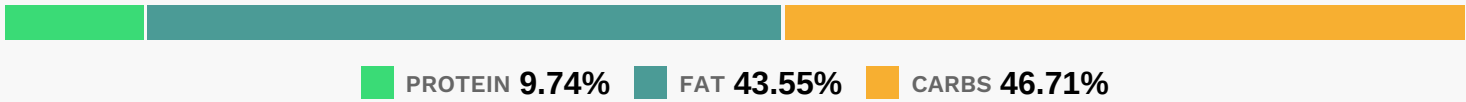
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix yogurt, mayonnaise, pickle relish, chili sauce, and mustard.
- ☐ Add cabbage, carrots, bell pepper, and green onions; mix well. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:14.139130175438%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 86.97kcal (4.35%), Fat: 4.47g (6.87%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 7.76g (2.82%), Sugar: 6.74g (7.49%), Cholesterol: 2.6mg (0.87%), Sodium: 363.49mg (15.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Vitamin A: 4825.85IU (96.52%), Vitamin K: 80.58µg (76.74%), Vitamin C: 43.02mg (52.14%), Fiber: 3.02g (12.07%), Folate: 45.47µg (11.37%), Manganese: 0.18mg (8.88%), Vitamin B6: 0.17mg (8.56%), Potassium: 285.17mg (8.15%), Calcium: 67.46mg (6.75%), Phosphorus: 56.13mg (5.61%), Vitamin B1: 0.08mg (5.36%), Vitamin B2: 0.09mg (5.33%), Vitamin E: 0.75mg (5%), Magnesium: 17.51mg (4.38%), Iron: 0.64mg (3.55%), Vitamin B5: 0.35mg (3.5%), Vitamin B3: 0.63mg (3.17%), Zinc: 0.38mg (2.56%), Copper: 0.04mg (2.14%), Selenium: 1.39µg (1.99%), Vitamin B12: 0.08µg (1.36%)