

## Spinach Slaw

READY IN



14 min.

SERVINGS



10

CALORIES



159 kcal

SIDE DISH

### Ingredients

- 10 ounce angel hair coleslaw
- 6 ounce baby spinach fresh coarsely chopped
- 0.5 teaspoon pepper black
- 1 cup carrots shredded
- 0.3 cup mayonnaise light
- 0.5 cup cup heavy whipping cream sour low-fat
- 2 tablespoons red wine vinegar
- 10 servings try build-a-meal
- 0.8 teaspoon salt

- 1 tablespoon sugar
- 0.3 cup thinly red vertically sliced ()

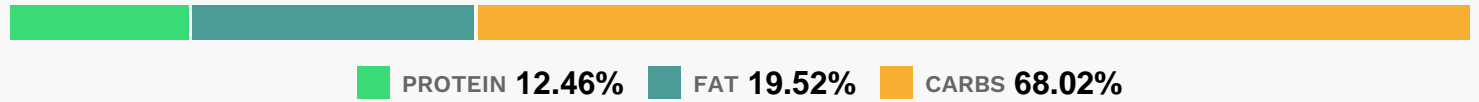
## Equipment

- bowl

## Directions

- Combine first 4 ingredients in a large bowl. In a small bowl, combine mayonnaise and next 5 ingredients.
- Add to spinach mixture; toss gently to coat. Cover and chill at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:24.99, Glycemic Load:9.95, Inflammation Score:-10, Nutrition Score:13.417391226343%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 158.56kcal (7.93%), Fat: 3.44g (5.29%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 24.99g (9.09%), Sugar: 3.16g (3.51%), Cholesterol: 5.22mg (1.74%), Sodium: 270.17mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.89%), Vitamin K: 88.19µg (83.99%), Vitamin A: 3777.08IU (75.54%), Selenium: 19.2µg (27.43%), Manganese: 0.52mg (25.99%), Folate: 43.28µg (10.82%), Magnesium: 34.61mg (8.65%), Phosphorus: 83.94mg (8.39%), Fiber: 1.98g (7.93%), Vitamin C: 6.05mg (7.33%), Potassium: 243.43mg (6.96%), Copper: 0.12mg (6.2%), Iron: 0.99mg (5.48%), Vitamin B6: 0.1mg (5.21%), Calcium: 46.21mg (4.62%), Vitamin E: 0.68mg (4.5%), Vitamin B2: 0.08mg (4.43%), Zinc: 0.65mg (4.34%), Vitamin B3: 0.8mg (4.01%), Vitamin B1: 0.06mg (3.87%), Vitamin B5: 0.2mg (1.95%)