Sunflower Coleslaw

Vegetarian Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
495 min.	6	213 kcal

SIDE DISH

Ingredients

- [ ] 0.8 cup thickly celery stalks halved sliced
- [ ] 12 ounce tri-color coleslaw mix with green cabbage, red cabbage and carrots
- [ ] 0.3 cup green onions sliced
- [ ] 0.5 teaspoon ground pepper black to taste
- [ ] 0.5 cup mayonnaise to taste
- [ ] 6 servings sea salt to taste
- [ ] 0.5 cup sunflower kernels salted
- [ ] 2 tablespoons onion white chopped

- [ ] 2 tablespoons vinegar white to taste

Equipment

- [ ] bowl

Directions

- [ ] Combine coleslaw mix, celery, white and green onion, and sunflower kernels in a large salad bowl.
- [ ] Mix in mayonnaise; sprinkle salad generously with white vinegar, salt, and black pepper to desired consistency and flavor. Refrigerate overnight and adjust seasoning if desired.

Nutrition Facts

PROTEIN **6.32%** FAT **81.23%** CARBS **12.45%**

Properties

Glycemic Index:47.83, Glycemic Load:1.36, Inflammation Score:-5, Nutrition Score:12.838695748993%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 212.58kcal (10.63%), Fat: 19.81g (30.47%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 4.01g (1.46%), Sugar: 2.66g (2.95%), Cholesterol: 7.84mg (2.61%), Sodium: 334.8mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Vitamin K: 89µg (84.76%), Vitamin E: 4.69mg (31.28%), Vitamin C: 22.59mg (27.38%), Manganese: 0.36mg (18.03%), Folate: 59.42µg (14.86%), Vitamin B1: 0.21mg (13.94%), Vitamin B6: 0.24mg (11.96%), Magnesium: 46.46mg (11.61%), Copper: 0.23mg (11.42%), Fiber: 2.82g (11.29%), Phosphorus: 98.89mg (9.89%), Selenium: 6.65µg (9.51%), Potassium: 227.53mg (6.5%), Iron: 1.03mg (5.7%), Vitamin B3: 1.14mg (5.69%), Zinc: 0.74mg (4.9%), Vitamin B2: 0.08mg (4.63%), Calcium: 43.88mg (4.39%), Vitamin A: 186.34IU (3.73%), Vitamin B5: 0.32mg (3.2%)