



Superior Shores Slaw

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

Ingredients

- 8 slices bacon
- 1 teaspoon celery seed
- 16 ounce coleslaw mix
- 1 green onion chopped
- 1 cup mayonnaise
- 0.3 cup red wine vinegar
- 0.3 cup sugar

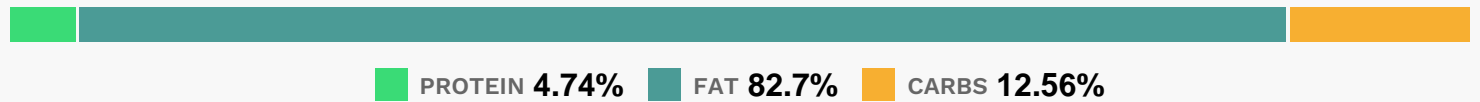
Equipment

- bowl
- frying pan
- whisk

Directions

- Cook bacon in a large skillet over medium-high heat until crisp; drain, crumble, and set aside.
- Make the dressing by whisking together the mayonnaise, vinegar, sugar, and celery seed in a small bowl.
- Toss together the coleslaw mix and green onion in a large bowl; add the dressing and toss to coat; stir in the bacon.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.68, Glycemic Load:7.05, Inflammation Score:-3, Nutrition Score:10.871739024701%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 2.62mg, Luteolin: 2.62mg, Luteolin: 2.62mg, Luteolin: 2.62mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 431.01kcal (21.55%), Fat: 39.76g (61.17%), Saturated Fat: 8.3g (51.89%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 11.6g (4.22%), Sugar: 11g (12.22%), Cholesterol: 35.04mg (11.68%), Sodium: 446.59mg (19.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin K: 122.45µg (116.62%), Vitamin C: 28.15mg (34.12%), Selenium: 7.08µg (10.12%), Vitamin E: 1.48mg (9.86%), Vitamin B6: 0.18mg (8.95%), Folate: 35.69µg (8.92%), Vitamin B1: 0.13mg (8.87%), Manganese: 0.16mg (8.01%), Fiber: 1.98g (7.93%), Phosphorus: 73.1mg (7.31%), Vitamin B3: 1.38mg (6.89%), Potassium: 208.3mg (5.95%), Iron: 0.78mg (4.35%), Calcium: 42.7mg (4.27%), Vitamin B5: 0.39mg (3.89%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.57mg (3.82%), Magnesium: 15.23mg (3.81%), Vitamin B12: 0.19µg (3.19%), Vitamin A: 129.32IU (2.59%), Copper: 0.04mg (2.08%), Vitamin D: 0.19µg (1.28%)