



Sweet-and-Spicy Slaw

 Vegetarian  Gluten Free

READY IN



8 min.

SERVINGS



8

CALORIES



67 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon chipotle seasoning dried
- 1 cup cup heavy whipping cream sour reduced-fat
- 2 tablespoons orange marmalade
- 2 tablespoons rice wine vinegar
- 0.5 teaspoon salt
- 16 ounce cabbage slaw mix

Equipment

- bowl

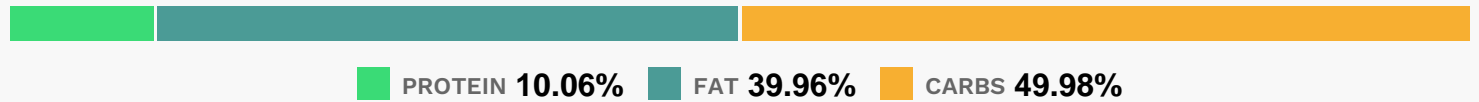
whisk

Directions

Whisk together first 5 ingredients in a medium glass bowl until blended.

Add slaw mix, tossing to coat. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:5.5056521840717%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 66.8kcal (3.34%), Fat: 3.11g (4.79%), Saturated Fat: 1.92g (11.99%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.26g (2.64%), Sugar: 4.94g (5.49%), Cholesterol: 10.06mg (3.35%), Sodium: 182.42mg (7.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin K: 43.24µg (41.18%), Vitamin C: 21.25mg (25.76%), Folate: 27.99µg (7%), Calcium: 65.45mg (6.54%), Fiber: 1.5g (5.99%), Manganese: 0.09mg (4.71%), Potassium: 159.3mg (4.55%), Vitamin B6: 0.08mg (3.85%), Phosphorus: 35.51mg (3.55%), Vitamin B2: 0.06mg (3.44%), Vitamin B1: 0.05mg (3.09%), Vitamin A: 152.97IU (3.06%), Magnesium: 9.82mg (2.46%), Vitamin B12: 0.12µg (2.01%), Zinc: 0.25mg (1.66%), Iron: 0.3mg (1.65%), Selenium: 1.11µg (1.59%), Vitamin B5: 0.12mg (1.21%), Vitamin E: 0.17mg (1.16%), Copper: 0.02mg (1.01%)