

Sweet Cole Slaw



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



12

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 2.5 heads cabbage shredded
- ☐ 2 carrots shredded
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.3 cups mayonnaise
- ☐ 1 tablespoon orange juice
- ☐ 0.3 cup heavy whipping cream sour
- ☐ 2 tablespoons balsamic vinegar white
- ☐ 0.3 cup sugar white

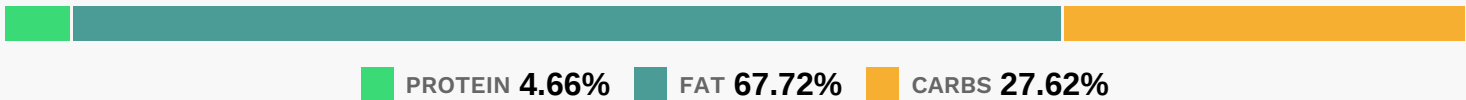
Equipment

☐ bowl

Directions

- ☐ Stir mayonnaise, sour cream, sugar, white balsamic vinegar, orange juice, and pepper together in a bowl.
- ☐ Toss cabbage and carrots together in a large bowl.
- ☐ Drizzle dressing over the cabbage mixture and toss to coat.

Nutrition Facts



Properties

Glycemic Index:28.74, Glycemic Load:6.35, Inflammation Score:-9, Nutrition Score:16.058695598789%

Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 238.74kcal (11.94%), Fat: 18.61g (28.64%), Saturated Fat: 3.28g (20.52%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 12.05g (4.38%), Sugar: 11.51g (12.79%), Cholesterol: 12.63mg (4.21%), Sodium: 191.39mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.77%), Vitamin K: 183.28µg (174.56%), Vitamin C: 70.59mg (85.56%), Vitamin A: 1931.91IU (38.64%), Folate: 85.16µg (21.29%), Fiber: 5.03g (20.11%), Manganese: 0.33mg (16.43%), Vitamin B6: 0.25mg (12.66%), Potassium: 371.23mg (10.61%), Calcium: 86.83mg (8.68%), Vitamin B1: 0.13mg (8.45%), Vitamin E: 1.14mg (7.57%), Magnesium: 25.18mg (6.29%), Phosphorus: 62.1mg (6.21%), Vitamin B2: 0.1mg (5.61%), Iron: 1mg (5.56%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.42mg (2.8%), Vitamin B3: 0.55mg (2.77%), Copper: 0.05mg (2.4%), Selenium: 1.32µg (1.89%)