



Sweet Restaurant Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



130 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

Ingredients

- 16 ounce coleslaw mix
- 1 tablespoon horseradish prepared to taste
- 0.5 teaspoon poppy seeds
- 0.7 cup creamy salad dressing miracle whip® (such as)
- 0.3 teaspoon salt
- 3 tablespoons vegetable oil
- 0.5 cup sugar white
- 1 tablespoon vinegar white

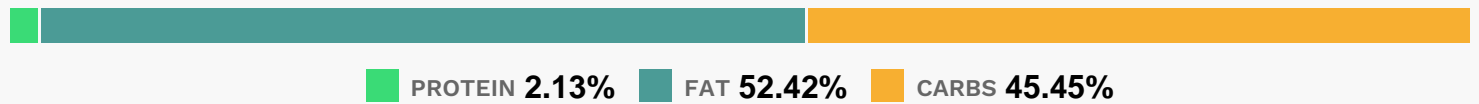
Equipment

- bowl
- whisk
- plastic wrap

Directions

- Pour coleslaw mix into a large bowl.
- Whisk salad dressing, sugar, vegetable oil, horseradish, vinegar, salt, and poppy seeds together in a bowl until smooth; drizzle over coleslaw mix and toss to coat.
- Cover bowl with plastic wrap; refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:9.6, Inflammation Score:-2, Nutrition Score:5.9960868902828%

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: 156.63kcal (7.83%), Fat: 9.42g (14.49%), Saturated Fat: 1.38g (8.66%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 16.86g (6.13%), Sugar: 16.56g (18.4%), Cholesterol: 0mg (0%), Sodium: 285.43mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 63.46µg (60.44%), Vitamin C: 21.3mg (25.82%), Folate: 25.6µg (6.4%), Vitamin E: 0.93mg (6.23%), Fiber: 1.52g (6.06%), Manganese: 0.11mg (5.68%), Vitamin B6: 0.08mg (4.23%), Potassium: 119.1mg (3.4%), Calcium: 29.26mg (2.93%), Vitamin B1: 0.04mg (2.68%), Magnesium: 8.96mg (2.24%), Phosphorus: 19.97mg (2%), Iron: 0.35mg (1.96%), Vitamin B2: 0.03mg (1.51%), Vitamin A: 62.65IU (1.25%), Vitamin B5: 0.12mg (1.23%), Selenium: 0.72µg (1.04%)