



Sweet Restaurant Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



135 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce coleslaw mix
- ☐ 2 tablespoons onion diced
- ☐ 0.5 teaspoon poppy seeds
- ☐ 0.7 cup creamy salad dressing (such as Miracle)
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup sugar white
- ☐ 1 tablespoon vinegar white

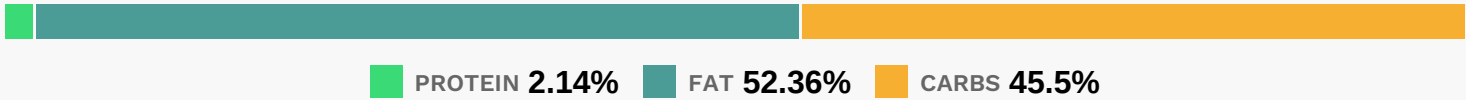
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the coleslaw mix and onion in a large bowl.
- ☐ Whisk together the salad dressing, vegetable oil, sugar, vinegar, salt, and poppy seeds in a medium bowl; blend thoroughly.
- ☐ Pour dressing mixture over coleslaw mix and toss to coat. Chill at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:9.6, Inflammation Score:-2, Nutrition Score:5.9673913043478%

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 Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 156.73kcal (7.84%), Fat: 9.41g (14.48%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 16.9g (6.14%), Sugar: 16.52g (18.35%), Cholesterol: 0mg (0%), Sodium: 277.65mg (12.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Vitamin K: 63.45µg (60.43%), Vitamin C: 21.02mg (25.48%), Folate: 25.01µg (6.25%), Vitamin E: 0.93mg (6.23%), Fiber: 1.5g (5.99%), Manganese: 0.11mg (5.72%), Vitamin B6: 0.09mg (4.32%), Potassium: 118.14mg (3.38%), Calcium: 28.79mg (2.88%), Vitamin B1: 0.04mg (2.75%), Magnesium: 8.71mg (2.18%), Phosphorus: 20.12mg (2.01%), Iron: 0.35mg (1.94%), Vitamin B2: 0.03mg (1.52%), Vitamin A: 62.67IU (1.25%), Vitamin B5: 0.12mg (1.24%)