



Sweet & Sour Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



39 kcal

SIDE DISH

Ingredients

- 1 tsp caraway seed
- 2 stalks celery chopped
- 1 Tbsp grey poupon dijon mustard
- 10 oz coleslaw blend (cabbage slaw mix)
- 2 granny smith apples chopped
- 0.7 cup 2/3 cup kraft lite zesty italian dressing italian divided kraft
- 1 Tbsp juice of lemon
- 1 small onion finely chopped

1 bell pepper red chopped

1 Tbsp sugar

Equipment

bowl

Directions

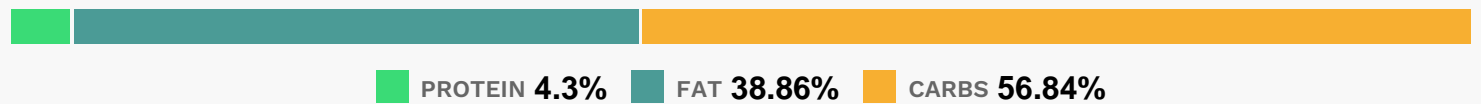
Mix 2 Tbsp. dressing and lemon juice until blended; toss with apples in large bowl.

Combine sugar, mustard, caraway seed and remaining dressing.

Add to apple mixture along with all remaining ingredients; mix lightly.

Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.45, Glycemic Load:1.46, Inflammation Score:-3, Nutrition Score:2.8826086780299%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 38.6kcal (1.93%), Fat: 1.77g (2.72%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.71g (1.71%), Sugar: 4.27g (4.75%), Cholesterol: 0mg (0%), Sodium: 92.38mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 14.37mg (17.42%), Vitamin K: 17.05µg (16.24%),

Vitamin A: 231.82IU (4.64%), Fiber: 1.11g (4.46%), Folate: 11.7µg (2.92%), Vitamin B6: 0.06mg (2.79%), Manganese: 0.05mg (2.57%), Potassium: 81.54mg (2.33%), Vitamin E: 0.34mg (2.25%), Vitamin B1: 0.02mg (1.4%), Magnesium: 5.18mg (1.3%), Phosphorus: 11.85mg (1.19%), Calcium: 11.85mg (1.18%), Vitamin B2: 0.02mg (1.16%)