



## Sweet & Tangy Apple Coleslaw

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



44 kcal

SIDE DISH

### Ingredients

- 16 oz coleslaw blend (cabbage slaw mix)
- 1 Tbsp honey
- 0.8 cup miracle whip dressing light
- 2 apples green red chopped (preferably 1 and 1)

### Equipment

- bowl

## Directions

- Mix dressing and honey in large bowl until blended.
- Add remaining ingredients; mix lightly.
- Refrigerate 1 hour.

## Nutrition Facts



**PROTEIN 4.97%** **FAT 9.7%** **CARBS 85.33%**

## Properties

Glycemic Index:10.69, Glycemic Load:2.41, Inflammation Score:-2, Nutrition Score:3.5999999720117%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 43.93kcal (2.2%), Fat: 0.52g (0.8%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 8.31g (3.02%), Sugar: 7.44g (8.27%), Cholesterol: 1.43mg (0.48%), Sodium: 132.76mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin K: 29.39µg (28%), Vitamin C: 15.24mg (18.47%), Fiber: 1.98g (7.92%), Folate: 17.2µg (4.3%), Manganese: 0.07mg (3.62%), Potassium: 105.43mg (3.01%), Vitamin B6: 0.06mg (2.99%), Vitamin B1: 0.03mg (1.88%), Calcium: 18mg (1.8%), Magnesium: 6.09mg (1.52%), Phosphorus: 14.03mg (1.4%), Vitamin B2: 0.02mg (1.39%), Iron: 0.24mg (1.34%), Vitamin A: 64.42IU (1.29%)