



Tangy-Creamy Coleslaw

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

Ingredients

- 1 large carrots grated finely chopped
- 0.3 teaspoon celery seeds
- 16 ounce the dressing
- 0.3 cup dill pickle juice
- 1 small cabbage green grated finely chopped

Equipment

- slotted spoon

Directions

- Stir together first 3 ingredients.
- Add cabbage and carrot; toss to coat. Chill 1 hour.
- Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:11.35, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:11.707391344983%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 257.42kcal (12.87%), Fat: 19.69g (30.29%), Saturated Fat: 3.06g (19.14%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 16.8g (6.11%), Sugar: 15.3g (17%), Cholesterol: 23.25mg (7.75%), Sodium: 615.22mg (26.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin K: 106.5µg (101.42%), Vitamin C: 33.55mg (40.66%), Vitamin A: 1626.76IU (32.54%), Vitamin E: 1.94mg (12.94%), Manganese: 0.22mg (11.08%), Folate: 42.36µg (10.59%), Fiber: 2.49g (9.96%), Vitamin B6: 0.13mg (6.38%), Potassium: 201.24mg (5.75%), Vitamin B1: 0.08mg (5.32%), Phosphorus: 50.51mg (5.05%), Calcium: 44.88mg (4.49%), Selenium: 3.01µg (4.29%), Vitamin B2: 0.07mg (4.25%), Iron: 0.66mg (3.68%), Magnesium: 13.77mg (3.44%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.28mg (1.85%), Vitamin B3: 0.33mg (1.67%), Copper: 0.03mg (1.6%)