



Tangy Ranch Apple Slaw

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



172 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons apple cider vinegar
- 8 ounce cabbage shredded
- 2 large apples diced green cored
- 2 green onions thinly sliced
- 3 servings salt and ground pepper black to taste
- 1 tablespoon ranch salad dressing mix dry hidden valley ranch® (such as)
- 0.3 cup cup heavy whipping cream sour
- 2 tablespoons granular sucralose sweetener splenda® (such as)

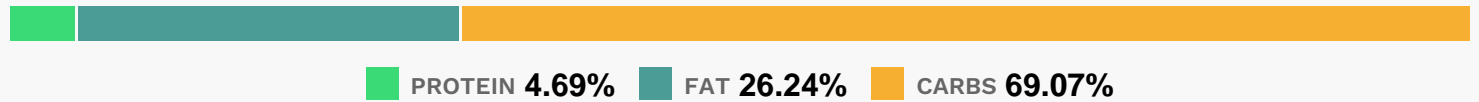
Equipment

- bowl
- whisk
- plastic wrap

Directions

- Whisk sour cream, sweetener, apple cider vinegar, and ranch dressing mix in a bowl until thoroughly combined. Toss green apples, shredded cabbage, and green onions in a salad bowl and pour dressing over the slaw; toss to coat. Season with salt and black pepper. Cover bowl with plastic wrap and chill at least 20 minutes or up to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:76.67, Glycemic Load:7.59, Inflammation Score:-5, Nutrition Score:10.463912974233%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg, Catechin: 1.93mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg, Epicatechin: 11.19mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 171.81kcal (8.59%), Fat: 5.3g (8.16%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 25.72g (9.35%), Sugar: 20.58g (22.86%), Cholesterol: 15.08mg (5.03%), Sodium: 399.69mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Vitamin K: 77.83µg (74.13%), Vitamin C: 36.24mg (43.93%), Fiber: 5.69g (22.77%), Manganese: 0.22mg (11%), Folate: 43.64µg (10.91%), Potassium: 348.5mg (9.96%), Vitamin B6: 0.17mg (8.52%), Vitamin A: 393.88IU (7.88%), Calcium: 71.7mg (7.17%), Vitamin B2: 0.12mg (6.97%), Phosphorus: 59.15mg (5.91%), Vitamin B1: 0.08mg (5.4%), Magnesium: 21.21mg (5.3%), Iron: 0.69mg

(3.86%), Vitamin E: 0.52mg (3.49%), Vitamin B5: 0.34mg (3.44%), Copper: 0.07mg (3.38%), Zinc: 0.32mg (2.1%),
Vitamin B3: 0.38mg (1.9%), Selenium: 1.23µg (1.76%)