



Texas Coleslaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 16 ounces coleslaw mix
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 22 ounces corn whole with red and green peppers, drained canned

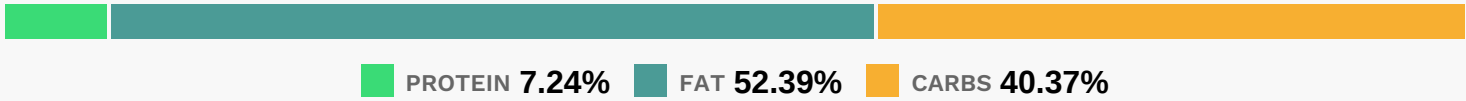
Equipment

☐ bowl

Directions

- ☐ Toss coleslaw mix, cilantro and corn in very large (4-quart) bowl.
- ☐ Place oil, lime juice, cumin and salt in tightly covered container; shake well.
- ☐ Pour over coleslaw mixture; toss.
- ☐ Cover and refrigerate 1 to 2 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:5.06, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:3.4308695359075%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 67.13kcal (3.36%), Fat: 4.02g (6.19%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 6.23g (2.27%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 141.73mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin K: 29.36µg (27.97%), Vitamin C: 12.27mg (14.87%), Folate: 24.38µg (6.09%), Manganese: 0.07mg (3.65%), Fiber: 0.74g (2.96%), Potassium: 100.6mg (2.87%), Phosphorus: 24.29mg (2.43%), Vitamin E: 0.34mg (2.27%), Magnesium: 8.33mg (2.08%), Vitamin B3: 0.38mg (1.91%), Vitamin B6: 0.04mg (1.88%), Vitamin B1: 0.02mg (1.65%), Iron: 0.29mg (1.63%), Calcium: 13.54mg (1.35%), Vitamin A: 62.88IU (1.26%), Zinc: 0.17mg (1.13%), Vitamin B2: 0.02mg (1.1%)