



## The Ultimate Coleslaw

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

### Ingredients

- 1 tablespoon dijon mustard
- 0.5 juice of lemon juiced
- 1 cup mayonnaise
- 8 servings drizzle olive oil extra-virgin
- 1 tablespoon red wine vinegar
- 8 servings salt and pepper black freshly ground
- 1 bag slaw mix shredded green red store-bought (containing and cabbage and carrots)
- 1 tablespoon sugar

# Equipment

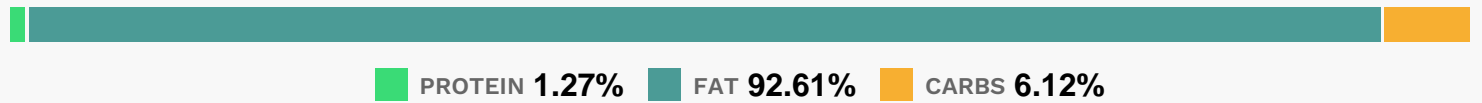
bowl

# Directions

In a large bowl, mix together the dressing ingredients.

Add the shredded slaw mix and toss until combined.

# Nutrition Facts



# Properties

Glycemic Index:28.51, Glycemic Load:1.96, Inflammation Score:-2, Nutrition Score:8.1134782744491%

# Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

# Nutrients (% of daily need)

Calories: 336.16kcal (16.81%), Fat: 35.08g (53.96%), Saturated Fat: 5.23g (32.71%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 3.7g (1.34%), Sugar: 3.53g (3.92%), Cholesterol: 11.76mg (3.92%), Sodium: 209.03mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Vitamin K: 97.01µg (92.39%), Vitamin C: 21.33mg (25.85%), Vitamin E: 3.03mg (20.19%), Folate: 26.11µg (6.53%), Fiber: 1.52g (6.07%), Manganese: 0.11mg (5.68%), Vitamin B6: 0.07mg (3.72%), Potassium: 108.2mg (3.09%), Vitamin B1: 0.04mg (2.75%), Calcium: 26.74mg (2.67%), Iron: 0.45mg (2.51%), Phosphorus: 22.99mg (2.3%), Selenium: 1.47µg (2.09%), Magnesium: 8.29mg (2.07%), Vitamin B5: 0.18mg (1.77%), Vitamin B2: 0.03mg (1.75%), Vitamin A: 75.32IU (1.51%), Zinc: 0.16mg (1.05%)