



Tropical Coleslaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



14

CALORIES



47 kcal

SIDE DISH

Ingredients

- 16 oz coleslaw mix shredded (cabbage and carrots)
- 11 oz mandarin orange segments drained canned
- 2 tablespoons spring onion chopped
- 6 oz lime fat free 99%
- 0.3 cup salad dressing
- 1 teaspoon lime zest grated
- 1 tablespoon juice of lime fresh
- 0.3 cup cashew pieces whole

Equipment

bowl

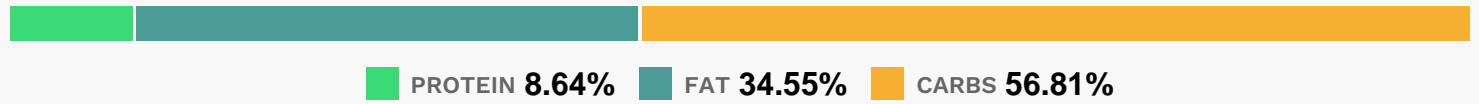
Directions

In large bowl, mix coleslaw mix, mandarin oranges and onions.

In small bowl, mix yogurt, mayonnaise, lime peel and lime juice; gently fold into coleslaw mixture. Refrigerate at least 15 minutes but no longer than 4 hours to blend flavors.

Just before serving, sprinkle with cashews. Cover; refrigerate any remaining coleslaw.

Nutrition Facts



Properties

Glycemic Index:14.8, Glycemic Load:2.02, Inflammation Score:-3, Nutrition Score:4.7821739808373%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 7.15mg, Hesperetin: 7.15mg, Hesperetin: 7.15mg, Hesperetin: 7.15mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 46.95kcal (2.35%), Fat: 2.02g (3.11%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 5.83g (2.12%), Sugar: 4.23g (4.7%), Cholesterol: 0mg (0%), Sodium: 48.63mg (2.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin K: 29.61µg (28.2%), Vitamin C: 21.89mg (26.54%), Fiber: 1.66g (6.63%), Manganese: 0.1mg (5.12%), Folate: 19.71µg (4.93%), Vitamin A: 200.18IU (4%), Vitamin B6: 0.08mg (3.8%), Copper: 0.08mg (3.79%), Potassium: 126.94mg (3.63%), Magnesium: 14.49mg (3.62%), Vitamin B1: 0.05mg (3.18%), Phosphorus: 29.85mg (2.98%), Calcium: 27.42mg (2.74%), Iron: 0.44mg (2.43%), Vitamin B5: 0.17mg (1.65%), Vitamin E: 0.24mg (1.6%), Zinc: 0.23mg (1.52%), Vitamin B2: 0.03mg (1.51%), Vitamin B3: 0.22mg (1.1%), Selenium: 0.72µg (1.02%)