



Vegan Cajun Coleslaw Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon cajun spice to taste
- ☐ 2 cups coleslaw mix
- ☐ 1 green onion minced
- ☐ 0.5 Tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise (I used MindfulMayo – a vegan mayo from Earth Balance)
- ☐ 0.3 cup olives sliced
- ☐ 1 Head the of 1 cos lettuce washed and torn into bite-sized pieces
- ☐ 0.5 Teaspoon dash of stevia extract pure

☐ 1 tomatoes diced

Equipment

☐ bowl

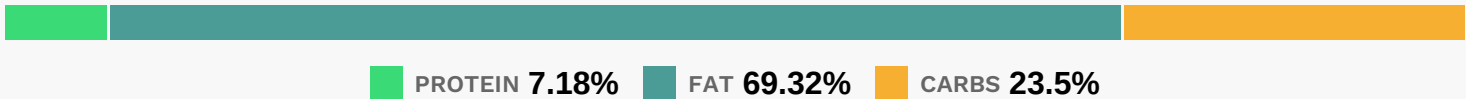
☐ whisk

Directions

☐ Whisk together the mayo, vinegar or lemon juice, seasoning and sweetener in a small bowl.In a large bowl, combine the remaining ingredients.

☐ Drizzle on the dressing, and stir to coat.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:18.739565246779%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 154.46kcal (7.72%), Fat: 12.8g (19.69%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 4.69g (1.71%), Sugar: 4.03g (4.48%), Cholesterol: 5.88mg (1.96%), Sodium: 285.5mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.97%), Vitamin A: 14127.96IU (282.56%), Vitamin K: 218.83µg (208.41%), Folate: 235.58µg (58.9%), Vitamin C: 23.85mg (28.91%), Fiber: 5.07g (20.27%), Manganese: 0.35mg (17.4%), Potassium: 541.81mg (15.48%), Iron: 1.95mg (10.84%), Vitamin B1: 0.15mg (10.11%), Vitamin B6: 0.2mg (9.78%), Vitamin E: 1.4mg (9.33%), Magnesium: 32.01mg (8%), Vitamin B2: 0.13mg (7.86%), Calcium: 78.55mg (7.86%), Phosphorus: 68.86mg (6.89%), Copper: 0.12mg (6.02%), Vitamin B3: 0.82mg (4.11%), Vitamin B5: 0.36mg (3.59%), Zinc: 0.52mg (3.49%), Selenium: 1.19µg (1.7%)