



Waldorf Slaw



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1 cup purée of usa bartlett pear peeled chopped (1 pear)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 cups braeburn apple chopped (1 large apple)
- ☐ 16 ounce cabbage-and-carrot coleslaw
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.5 cup mayonnaise low-fat

- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons walnuts chopped

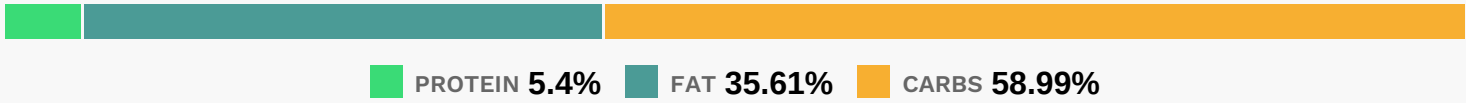
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine mayonnaise, buttermilk, rind, juice, salt, and pepper, stirring well with a whisk.
- ☐ Drizzle mayonnaise mixture over cabbage mixture, and toss to coat. Cover and refrigerate 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.06, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:8.8108696030534%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 113.77kcal (5.69%), Fat: 4.79g (7.37%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 14.83g (5.39%), Sugar: 7.24g (8.05%), Cholesterol: 2.27mg (0.76%), Sodium: 202.35mg (8.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Vitamin A: 7609.63IU (152.19%), Vitamin K: 13.22µg (12.59%), Fiber: 3.03g (12.14%), Manganese: 0.21mg (10.26%), Potassium: 284.43mg (8.13%), Vitamin C: 6.41mg (7.77%), Vitamin B6: 0.11mg (5.62%), Copper: 0.11mg (5.61%), Phosphorus: 48.65mg (4.86%), Vitamin B2: 0.07mg (4.31%), Vitamin E: 0.64mg (4.26%), Magnesium: 16.25mg (4.06%), Vitamin B1: 0.06mg (4%), Calcium: 37.89mg (3.79%), Folate: 15.04µg (3.76%), Vitamin B3: 0.62mg (3.09%), Iron: 0.5mg (2.76%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.3mg (1.98%), Selenium: 0.79µg (1.12%)