



Wasabi Coleslaw



Vegetarian



Gluten Free



Dairy Free

READY IN



11 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 7 cups bagged coleslaw
- ☐ 10 servings ground pepper to taste
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup reduced fat mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup splenda
- ☐ 1 tablespoon wasabi paste (more if you like)

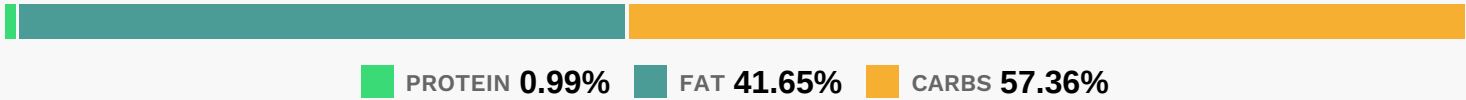
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a very large bowl, whisk together mayonnaise, Splenda or sugar, salt, lemon juice, pickle juice and wasabi paste.
- ☐ Add coleslaw and coat with sauce. Stir in some black pepper.Variations
- ☐ Use regular ingredients instead of low fat or sugar free.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:3.06, Inflammation Score:-1, Nutrition Score:0.700000009459%

Flavonoids

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.23kcal (2.61%), Fat: 2.51g (3.86%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 7.61g (2.77%), Sugar: 5.84g (6.49%), Cholesterol: 1.79mg (0.6%), Sodium: 209.35mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.27%), Vitamin K: 6.18µg (5.88%), Vitamin C: 1.79mg (2.17%), Vitamin E: 0.25mg (1.67%), Manganese: 0.03mg (1.38%)