



Zesty Coleslaw



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce coleslaw mix
- ☐ 1.5 teaspoons dill weed
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup creamy salad dressing
- ☐ 3.5 tablespoons sugar
- ☐ 1.5 teaspoons vinegar white

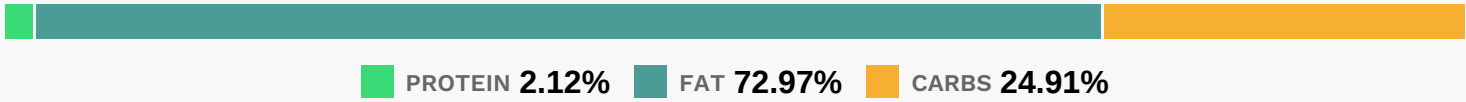
Equipment

☐ bowl

Directions

- ☐ In a large bowl, mix together the mayonnaise, creamy salad dressing, horseradish, vinegar, dill weed and sugar.
- ☐ Add coleslaw mix, and stir to coat. Refrigerate at least 3 hours before serving to blend flavors.

Nutrition Facts



Properties

Glycemic Index:33.01, Glycemic Load:4.63, Inflammation Score:-2, Nutrition Score:6.7747825889484%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 184.44kcal (9.22%), Fat: 15.22g (23.42%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 10.15g (3.69%), Sugar: 9.81g (10.9%), Cholesterol: 5.88mg (1.96%), Sodium: 333.71mg (14.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin K: 78.3µg (74.57%), Vitamin C: 21.79mg (26.41%), Vitamin E: 1.03mg (6.85%), Folate: 27.25µg (6.81%), Fiber: 1.54g (6.17%), Manganese: 0.1mg (5.21%), Vitamin B6: 0.09mg (4.41%), Potassium: 127.18mg (3.63%), Calcium: 28.91mg (2.89%), Vitamin B1: 0.04mg (2.71%), Magnesium: 9.08mg (2.27%), Phosphorus: 22.2mg (2.22%), Iron: 0.37mg (2.07%), Vitamin B2: 0.03mg (1.61%), Selenium: 1.07µg (1.53%), Vitamin A: 74.12IU (1.48%), Vitamin B5: 0.15mg (1.48%), Zinc: 0.17mg (1.14%), Copper: 0.02mg (1.01%)