

Cole Slaw Lite

Recipe Type: Side Dish

Serves: 6

Prep Time: 15 minutes

Cooking Time: None

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 head of cabbage
- 5 large carrots
- 1/2 C light poppy seed dressing

What to do:

1. Wash your hands.
2. Shred the cabbage and the carrots.
3. Put the cabbage, carrots, and dressing into a bowl. Mix well so the dressing covers the slaw.
4. Serve and enjoy.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 180

Calories from Fat 80

%Daily Value*

Total Fat 9 g **14%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 5 mg **2%**

Sodium 200 mg **8%**

Total Carbohydrate 22 g **7%**

Dietary Fiber 6 g **24%**

Sugars 15 g

Protein 3 g

Vitamin C 150%

Calcium 10%

* Percent Daily Values are based on a 2,000 calorie diet.

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