



May 2- Snappy Cole Slaw

Not Smart Snack

Link: No link, CNP recipe

Recipe

Ingredients:

- ¼ cup light mayonnaise
- 2 Tablespoons vinegar
- 2 Tablespoons sugar
- ½ teaspoon mustard (optional)
- ⅛ teaspoon black pepper
- ½ head cabbage, shredded

Directions:

1. Combine mayonnaise, vinegar, sugar and spices.
2. Pour over cabbage and toss lightly.

Yield 4 servings

Nutrition Facts

Serving Size 1/2 cup (142.94g)
Servings Per Container 4

Amount Per Serving

Calories 110 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 125mg **5%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 2g **3%**

Vitamin A 2% • Vitamin C 70%

Calcium 4% • Iron 4%

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