

From the Kitchen of the

Cent\$ible Nutrition Program

Snappy Cole Slaw

Ingredients

- ¼ cup light mayonnaise
- 2 tablespoon vinegar
- 2 tablespoon sugar
- ½ teaspoon mustard (optional)
- Dash of pepper
- ½ head cabbage, shredded

Directions

1. Wash hands with warm, soapy water.
2. Combine mayonnaise, vinegar, sugar, and spices.
3. Pour over cabbage and toss lightly.

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.

Serves: 4



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.