



A Nutrition Resource

CRUNCHY CABBAGE SALAD

Yield: 8 Servings | Serving Size: 3/4 cup

Cost/serving: \$0.64

Ingredients:

1 (16-ounce) bag shredded cabbage or broccoli coleslaw (or shredded fresh cabbage, about 4 cups)

2 cups of mixed vegetables and/or fruits, such as:

- Chopped peppers, onions, or celery
- Shredded or diced carrots
- Frozen peas (thawed)
- Pineapple chunks or mandarin oranges (drained)
- Cantaloupe chunks, cherry tomatoes, or grapes (halved)
- 1/2 cup low-fat salad dressing
- Nuts and/or raisins (optional)

Directions:

- 1) The cabbage should say it has been washed. If it does not, wash it first by putting it in a colander, spraying it with water, and letting it drain.
- 2) Add the other vegetables and/or fruits.
- 3) Stir in the dressing.
- 4) Cover and refrigerate until serving. Cover and refrigerate any leftovers.

Option: If desired, top each serving with a few chopped nuts or raisins.

Nutrition Facts

8 servings per container

Serving size 3/4 cup (105g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 7g 3%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 0mg 0%

Potassium 166mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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