



A Nutrition Resource

# CRUNCHY CABBAGE SALAD

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

**Cost/serving: \$0.37**

## 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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