

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

½ 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.

Contains: Milk and Egg

Nutrition Facts

6 servings per container

Serving size 1 Cup (288g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 210mg 9%

Total Carbohydrate 24g 9%

Dietary Fiber 7g 25%

Total Sugars 15g

Includes 6g Added Sugars 12%

Protein 3g

Vitamin D 0mcg 0%

Calcium 103mg 8%

Iron 1mg 6%

Potassium 546mg 10%

*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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