

Snap Pea and Radish Slaw- From Betty Denardo



Celery seed give Texas-style coleslaw its distinctive flavor and is a key component here. The other ingredients are a bit less traditional: first of the season snap peas instead of cabbage and peppery slivers of radish for added crunch and color.

$\frac{1}{4}$ cup cider vinegar

2 tablespoons light mayonnaise

1 tsp sugar

1 tsp yellow mustard

$\frac{3}{4}$ tsp celery seed

$\frac{3}{4}$ tsp salt

$\frac{1}{2}$ tsp ground pepper

4 cups sugar snap peas (about 12 ounces), trimmed and julienned

1 cup radishes (about 4 ounces) trimmed and julienned

Whisk vinegar, mayonnaise, sugar, mustard, celery seed, salt and pepper in a large bowl.

Mix in snap peas and radishes.

Chill for 30 minutes before serving.

Nutrition Facts

servings per container

Serving size (93g)

Amount per serving

Calories **45**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **15%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 1g Added Sugars **2%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 37mg **2%**

Iron 1mg **6%**

Potassium 53mg **2%**

*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.

Multi Column: Snap Pea and Radish Slaw

Multi-Column

Nutrients Per Serving

Basic Components

Gram Weight (g) 93.12

Calories (kcal) 46.20

Calories from Fat (kcal) 15.60

Calories from SatFat (kcal) 2.38

Protein (g) 1.56

Carbohydrates (g) 5.80

Total Dietary Fiber (g) 1.71

Total Soluble Fiber (g) 0

Dietary Fiber (2016) (g) 1.71

Soluble Fiber (2016) (g) 0

Total Sugars (g) 3.06

Added Sugar (g)	0.50
Monosaccharides (g)	0.33
Disaccharides (g)	0.02
Other Carbs (g)	1.02
Fat (g)	1.73
Saturated Fat (g)	0.26
Mono Fat (g)	0.04
Poly Fat (g)	0.02
Trans Fatty Acid (g)	0
Cholesterol (mg)	1.75
Water (g)	20.82
Vitamins	
Vitamin A - IU (IU)	78.46
Vitamin A - RAE (mcg)	3.46
Carotenoid RE (mcg)	6.92
Retinol RE (mcg)	0
Beta-Carotene (mcg)	40.09
Vitamin B1 - Thiamin (mg)	0.00
Vitamin B2 - Riboflavin (mg)	0.01
Vitamin B3 - Niacin (mg)	0.06
Vitamin B3 - Niacin Equiv (mg)	0.09
Vitamin B6 (mg)	0.02
Vitamin B12 (mcg)	0
Biotin (mcg)	--
Vitamin C (mg)	14.86
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	0.00
Folate (mcg)	4.78

Folate, DFE (mcg DFE) 4.78

Vitamin K (mcg) 8.31

Pantothenic Acid (mg) 0.03

Minerals

Calcium (mg) 37.15

Chromium (mcg) 0.04

Copper (mg) 0.02

Fluoride (mg) 0.00

Iodine (mcg) 0.19

Iron (mg) 1.41

Magnesium (mg) 3.33

Manganese (mg) 0.06

Molybdenum (mcg) 0.94

Phosphorus (mg) 8.35

Potassium (mg) 52.74

Selenium (mcg) 0.15

Sodium (mg) 340.14

Zinc (mg) 0.07

Poly Fats

Omega 3 Fatty Acid (g) 0.01

Omega 6 Fatty Acid (g) 0.01

Other Nutrients

Alcohol (g) 0

Caffeine (mg) 0

Choline (mg) 1.31