

Peppery Coleslaw- From Betty Denardo



7 cups thinly sliced green cabbage (from 1 medium head)

4 cups thinly sliced purple cabbage (1 small)

1 ½ cups shredded carrot

3 scallions onion, thinly sliced

¼ cup light mayonnaise

3 tbsp white wine vinegar or any vinegar

2 tbsp skim milk

1 tsp sugar

½ tsp salt

1 tsp coarsely ground black pepper

¼ tsp celery seeds

1. Toss green and purple cabbage in a large bowl with carrot and scallions
2. Whisk remaining ingredients and toss with cabbage mixture.

Nutrition Facts

servings per container

Serving size (189g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 430mg 19%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 36mg 2%

Iron 1mg 6%

Potassium 54mg 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: Peppery Coleslaw

Multi-Column

Nutrients Per Serving

Basic Components

Gram Weight (g) 189.29

Calories (kcal) 120.02

Calories from Fat (kcal) 67.71

Calories from Sat Fat (kcal) 21.49

Protein (g) 2.53

Carbohydrates (g) 12.21

Total Dietary Fiber (g) 4.55

Total Soluble Fiber (g) 0

Dietary Fiber (2016) (g) 2.40

Soluble Fiber (2016) (g) 0

Total Sugars (g)	6.06
Added Sugar (g)	0.38
Monosaccharides (g)	0.61
Disaccharides (g)	0.19
Other Carbs (g)	1.48
Fat (g)	7.52
Saturated Fat (g)	2.39
Mono Fat (g)	0.01
Poly Fat (g)	0.01
Trans Fatty Acid (g)	0
Cholesterol (mg)	2.70
Water (g)	29.42
Vitamins	
Vitamin A - IU (IU)	1829.83
Vitamin A - RAE (mcg)	95.94
Carotenoid RE (mcg)	181.60
Retinol RE (mcg)	2.33
Beta-Carotene (mcg)	35.67
Vitamin B1 - Thiamin (mg)	0.01
Vitamin B2 - Riboflavin (mg)	0.02
Vitamin B3 - Niacin (mg)	0.06
Vitamin B3 - Niacin Equiv (mg)	0.10
Vitamin B6 (mg)	0.03
Vitamin B12 (mcg)	0.02
Biotin (mcg)	0.66
Vitamin C (mg)	24.08
Vitamin D - IU (IU)	1.83
Vitamin D - mcg (mcg)	0.05
Vitamin E - Alpha-Toco (mg)	0.04

Folate (mcg) 7.36

Folate, DFE (mcg DFE) 7.36

Vitamin K (mcg) 24.85

Pantothenic Acid (mg) 0.02

Minerals

Calcium (mg) 35.78

Chromium (mcg) 0.00

Copper (mg) 0.01

Fluoride (mg) 0.00

Iodine (mcg) 0.37

Iron (mg) 0.55

Magnesium (mg) 3.70

Manganese (mg) 0.03

Molybdenum (mcg) 0.94

Phosphorus (mg) 16.06

Potassium (mg) 53.65

Selenium (mcg) 0.25

Sodium (mg) 426.82

Zinc (mg) 0.07

Poly Fats

Omega 3 Fatty Acid (g) 0.00

Omega 6 Fatty Acid (g) 0.01

Other Nutrients

Alcohol (g) 0

Caffeine (mg) 0

Choline (mg) 2.07