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Cornell University
Cooperative Extension

Colorful Coleslaw

Ingredients:

3 cups cabbage, shredded

3 medium carrots, peeled and shredded

1 cup green pepper, chopped

1/2 small onion, chopped

1/4 cup low-fat milk

1 tablespoon lemon juice

1 tablespoon vinegar

1/2 teaspoon dry mustard

1/8 teaspoon ground black pepper, if desired

1/8 teaspoon salt, if desired

Nutrition Facts

Serving Size 1 cup (4 ounces)

Servings Per Recipe 6

Amount Per Serving			
Calories 35		Calories from Fat 0	
			% Daily Value *
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 80mg			3%
Total Carbohydrate 8g			3%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 2g			
Vitamin A 110%		Vitamin C 60%	
Calcium 4%		Iron 4%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

0% calories from fat

Nutrition facts based on standard recipe using no salt.

Directions:

1. In a large bowl, combine cabbage, carrots, green pepper and onion. Gently toss ingredients together. Set aside.
2. In a small bowl, combine milk, lemon juice, vinegar, mustard, pepper and salt (if desired). Add to cabbage mixture. Mix well.
3. Chill before serving.

Yields about 6 servings

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.