

# Coleslaw

Makes 4 servings

## Ingredients

- ¼ cup light mayonnaise
- 2 Tablespoons vinegar
- 2 Tablespoons sugar
- ½ teaspoon mustard (optional)
- ⅛ teaspoon black pepper
- ½ head cabbage, shredded

## Nutrition Facts

Serving Size 1/2 cup (142.94g)  
Servings Per Container 4

### Amount Per Serving

**Calories** 110      Calories from Fat 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 14g      **5%**

Dietary Fiber 3g      **12%**

Sugars 11g

**Protein** 2g      **4%**

\*Percent Daily Values are based on a 2,000 calorie diet.



## Directions

1. Combine mayonnaise, vinegar, sugar, and spices.
2. Pour over cabbage and toss lightly.



## Add Color and Variety:

- Add one or more of the following: pineapple chunks, halved seedless grapes, shredded carrots, diced apple, diced green pepper, nuts, sunflower seeds, or raisins.