



# Coleslaw

Prep Time: 30 minutes-1 hour

Cook Time: 20 Minutes

Cost per serving: \$0.24

## What you need:

### Utensils:

- Cutting board
- Knife
- Measuring cups & spoons
- Large mixing bowl
- Small mixing bowl
- Mixing spoon

### Ingredients:

- 3½ cups shredded cabbage
- ¼ cup shredded carrots
- ¼ cup finely chopped celery
- ¼ cup chopped green bell pepper
- ¼ cup light mayonnaise
- 1 tablespoon vinegar
- 3 packets artificial sweetener
- ¼ teaspoon salt
- ¼ teaspoon pepper

### What to do:

1. Wash your hands and clean your cooking area.
2. Wash and chop all vegetables, then combine in a large mixing bowl.
3. In a small bowl, mix the mayonnaise, vinegar, sweetener, salt and pepper for the dressing.
4. Pour the dressing over the vegetables and mix well.
5. Chill for 30 minutes to an hour before serving.



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## Nutrition Facts

Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 80</b>	Calories from Fat 45
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein 1g</b>	
Vitamin A 25%	• Vitamin C 50%
Calcium 4%	• Iron 2%