

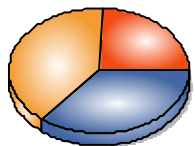


## Cole Slaw

By: Modified by DrJez LLC from Graham Kerr

Recipe grams: 776.10g/27.4oz

Serves 8 97.01g/3.4oz per serving



Protein: 10%  
Carbohydrates: 56%  
Fat: 34%

### INGREDIENTS

2 cup RED CABBAGE, RAW  
4 cups CABBAGE, RAW  
2 cup CARROT, RAW  
2 tbsp HONEY  
4 tbsp APPLE CIDER VINEGAR  
1 tsp SALT, TABLE  
1 tsp PEPPER, GROUND  
1/2 cup Yogurt Cheese  
2 tbsp MAYONNAISE, CANOLA  
2 packet SUGAR SUBSTITUTE, SPLENDA

### DIRECTIONS

Combine liquid ingredients and toss with vegetables.

### Nutrition Facts

Serving Size: 1 serving (97.0g)

Servings: 1

Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 2g	
Vitamin A 100%	Vitamin C 40%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	