

Cilantro Lime Coleslaw

Ingredients:

1 1/2 cups green cabbage, shredded
 1 1/2 cups purple cabbage, shredded
 1 cup carrots, shredded
 1/2 cup fresh cilantro, chopped
 1/2 cup green onions, sliced

Dressing:

1/2 cup olive oil
 1 lime, juiced
 1 tablespoon honey
 1 garlic clove, minced
 1/4 teaspoon pepper
 1/4 teaspoon red pepper flakes (optional)
 1/8 teaspoon salt

Directions:

1. In large bowl, combine the coleslaw ingredients: cabbage, carrots, cilantro, and green onions.
2. In a small bowl or jar, whisk together the dressing ingredients: olive oil, lime juice, honey, garlic, red pepper or pepper, and salt. Pour as much dressing over the coleslaw as desired.
3. Toss the coleslaw and dressing together. Serve the coleslaw as a side salad, over tacos, or on sandwiches.

Nutrition Facts	
Serving Size 1/2 cup (64g)	
Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 35%	Vitamin C 35%
Calcium 2%	Iron 2%
*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:	2,000 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: livesimply.me

