

# Healthy Children, Healthy Family

## Apple Coleslaw



**Makes: 8 servings of ½ cup each**

**Preparation time: 15 minutes**

### Ingredients:

- 2 cups of cabbage
- 1 medium carrot
- ½ bell pepper
- 1 apple
- 5 tablespoons low-fat, plain yogurt
- ½ cup raisins
- 1 teaspoon lemon juice
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon dill weed
- Salt and pepper to taste
- Optional: ¼ cup canned pineapple, crushed and drained

### Instructions:

1. Wash and shred the cabbage.
2. Peel and grate the carrot.
3. Chop the green pepper into small pieces.
4. Remove the core and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir to make a dressing.
7. Pour the dressing over the salad. Mix well. Add salt and



### Nutrition Facts

Serving Size (105g)  
Servings Per Container

Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 5</b>
	<b>% Daily Value*</b>
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 2g	8%
Sugars 13g	

### Protein 2g

Vitamin A 45% • Vitamin C 45%

Calcium 4% • 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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to

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