



## Fruited Coleslaw



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**Nutrition facts per serving:**  
100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

**Source:**  
Adapted from Iowa State University Extension

- 2 tablespoons mayonnaise
  - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
  - 2 teaspoons sugar
  - 3 tablespoons crushed pineapple canned in 100% juice, including juice
  - 2 cups shredded or finely chopped cabbage
  - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
  - 1/2 cup raisins or dried cranberries
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
  3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
  4. In another bowl, combine cabbage and other fruit.
  5. Pour dressing over cabbage and fruit. Stir to mix.
  6. Serve right away.
  7. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1/2 cup**  
**Cost per recipe: \$1.57**  
**Cost per serving: \$0.26**

