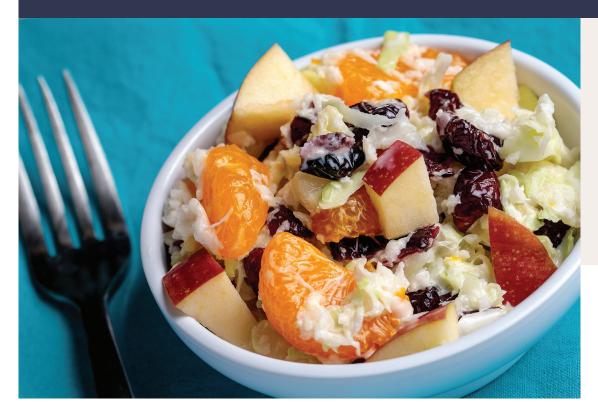


# **Fruited Coleslaw**



- 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



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## Nutrition facts per serving:

100 calories; 3.5g total fat; 0.5g saturated 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

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