



# Asian Cole Slaw

**Servings:** 12  
**Serving Size:** 1/2 cup

## Ingredients:

### Coleslaw Ingredients

1 bag (16 ounces) shredded cabbage/coleslaw mix  
1 can (11 ounces) mandarin oranges, drained  
1/2 cup peanuts, optional

### Dressing Ingredients

2/3 cup light Italian dressing  
2 Tablespoons low-sodium soy sauce

## Directions:

1. Mix together the coleslaw mix, nuts and mandarin oranges in a large bowl.
2. Stir in the Italian dressing and soy sauce.

## Nutrition Facts

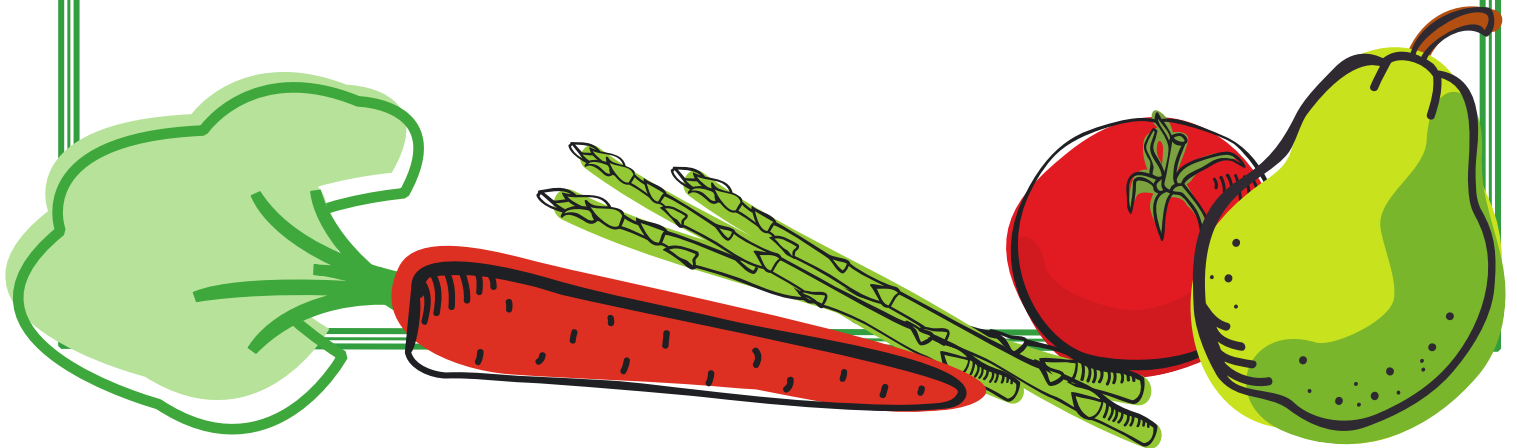
Serving Size 1/2 cup  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 20%	• <b>Vitamin C</b> 40%
<b>Calcium</b> 2%	• <b>Iron</b> 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



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