



# Crunchy Apple Coleslaw

**Servings:** 4

**Ingredients:**

- 1 cabbage (small) washed and shredded
- 1 carrot (medium) washed and grated
- ½ green pepper, washed and chopped
- 1 apple, washed and chopped
- 1/3 cup low-fat yogurt, plain
- 1 Tablespoon low-fat mayonnaise
- 1 teaspoon lemon juice
- ¼ teaspoon dried dill
- salt and pepper

**Directions:**

1. In a large mixing bowl, add the cabbage, carrot, green pepper, and apple Stir together.
2. Put the yogurt, mayonnaise, lemon juice, and dill in a small bowl. Stir together to make a dressing.
3. Pour the dressing over the salad.
4. Add salt and pepper to taste.
5. Toss to mix.

**Nutrition Facts**

Serving Size 1/2 cup (326g)  
Servings Per Container 4

Amount Per Serving	
Calories	110
Calories from Fat 20	
% Daily Value*	
<b>Total Fat</b>	2.5g 4%
Saturated Fat	0.5g 3%
Trans Fat	0g
<b>Cholesterol</b>	5mg 2%
<b>Sodium</b>	85mg 4%
<b>Total Carbohydrate</b>	23g 8%
Dietary Fiber	7g 28%
Sugars	14g
<b>Protein</b>	4g
Vitamin A	60%
Vitamin C	160%
Calcium	15%
Iron	6%

\*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

