

# Cabbage Slaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6 cups

Serving size: 1 cup

Ingredients	Quantity	Measure
Green Cabbage, cored and outer leaves removed, sliced thinly	4	cups
Cilantro, Fresh, chopped	1	cup
Carrots, shredded	1	cup
Radish, sliced thinly	½	cup
Jalapenos, pickled, minced	¼	cup
Aquafaba or other Non-Dairy Mayonnaise	1	cup
Lime Juice	1	Tbsp.
Jalapeno Brine from canned jalapenos (optional)	1	Tbsp.
Salt	1	tsp.
Black Pepper	1	tsp.

## Preparation

Mix all ingredients together. Allow to sit for at least 1 hour to overnight for flavors to blend.

## Serving Information/Notes

For more creaminess, lower mayonnaise to ½ cup and add ½ cup plant-based sour cream.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 123 Total Fat: 7.8g Saturated Fat: 1.4g Monounsaturated Fat: 1.8g Polyunsaturated Fat: 4.3g  
Trans Fat: 0g Cholesterol: 10mg Carbohydrate: 12.2g Fiber: 2.3g Total Sugar: 5.3g Protein: 1.2g Sodium:  
632mg Vitamin A: 12µg Vitamin C: 25mg Calcium: 32mg Iron: 0.8mg Folate: 30µg

