

# Snappy Coleslaw

**Makes:** 4 servings

## Ingredients

2 cups cabbage (shredded)  
1/4 cup cider vinegar  
1/4 cup water  
2 tablespoons sugar  
1/2 teaspoon mustard  
1/4 teaspoon black pepper

## Directions

1. Wash and shred the cabbage with a knife or grater. Put in a mixing bowl.
2. Bring the vinegar and water to a boil in the saucepan. Remove from heat and add other ingredients except cabbage to the saucepan.
3. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, then pour over the shredded cabbage. Toss. Refrigerate until chilled to blend flavors.

**Total Cost:** \$3.59

**Serving Cost:** \$0.90

**Source:** What's Cooking? USDA Mixing Bowl



Nutrition Facts	
4 servings per container	
<b>Serving size</b>	(72g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>35</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 6g Added Sugars	12%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 100mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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