



NutritionRx
Jennifer Broxterman

Red Cabbage Slaw with Yogurt

This is a simple recipe for a colourful salad with a nice light and tangy dressing. The simplicity of this slaw makes it a delicious and low calorie side dish with almost anything. Did you know that red cabbage has almost twice the amount of vitamin C as green cabbage?

Prep: 10 minutes • Total: 15 minutes

Ingredients:

Red cabbage, shredded	4 cups	1000 mL
Yellow pepper, sliced	1 each	1 each
Red onion, thinly sliced	½ each	½ each
Cilantro, chopped	½ cup	125 mL
Plain yogurt	½ cup	125 mL
Cumin	1 tsp	5 mL
Lime juice	2 Tbsp	30 mL
Curry powder	2 tsp	10 mL
Honey	1 Tbsp	15 mL
Apple cider vinegar	2 Tbsp	30 mL

Directions:

1. Slice cabbage, vegetables, and cilantro in a large bowl.
2. Whisk yogurt, cumin, lime juice, curry powder, honey, and vinegar in a small bowl and add to slaw mixture.
3. Mix and taste. Add salt and pepper as needed.

Nutrition Facts

Serving Size (140g)

Servings Per Container

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 3g

Vitamin A 0% • Vitamin C 160%

Calcium 8% • 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: NutritionRx in partnership with Chef Lindsay Sferrazza

Makes 4 servings (140g / serving) • 1 serving = 1.5 cups

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