



Spicy Cabbage Slaw

4 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 2 cups green and/or purple cabbage, shredded
- ½ teaspoon salt, divided
- ¼ cup red onion, finely sliced
- 1 teaspoon apple cider vinegar
- Juice from 1 lime
- Juice from 1 orange
- ¼ cup cilantro, chopped
- 1 jalapeño, seeded and finely diced
- Freshly ground black pepper, to taste

DIRECTIONS

1. Place cabbage in a colander and season with ¼ teaspoon salt. Let sit for 10 minutes until the cabbage starts to release water. Gently press to remove excess liquid.
2. Place the drained cabbage into a large bowl. Add the onion, vinegar, citrus juice, cilantro, and jalapeño. Season with remaining salt and pepper.

Nutrition Facts

4 servings per container
Serving size 1/2 cup

Amount per serving
Calories 25

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 21mg 2%

Iron 0mg 0%

Potassium 145mg 4%

*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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