

# RED CABBAGE SLAW

## Nutrition Facts

16 Servings

Amount Per Serving: ½ pint

<b>Calories</b>	63.5
<b>Total Fat</b>	5.2 g
Saturated Fat	0.8 g
Polyunsaturated Fat	0.1 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	1.9 mg
<b>Sodium</b>	190.8 mg
<b>Potassium</b>	122.0 mg
<b>Total Carbohydrate</b>	4.3 g
Dietary Fiber	1.1 g
Sugars	1.5 g
<b>Protein</b>	0.8 g
Vitamin A	9.8 %
Vitamin B-12	0.2 %
Vitamin B-6	5.0 %
Vitamin C	37.7 %
Vitamin D	0.0 %
Vitamin E	1.8 %
Calcium	2.3 %
Copper	1.0 %
Folate	2.6 %
Iron	3.0 %
Magnesium	2.2 %
Manganese	5.9 %
Niacin	1.0 %
Pantothenic Acid	1.0 %
Phosphorus	1.9 %
Riboflavin	2.0 %
Selenium	0.6 %
Thiamin	2.2 %
Zinc	1.0 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.