

Home Made Coleslaw

Serves 10

Ingredients	
400g white cabbage, shredded	1 large onion, (150g) peeled and finely chopped
1 large (140g) carrot, peeled and grated	3 tbsp (45g) mayonnaise

Method:

- Place all the ingredients in a large bowl and mix well.

- ✓ FOR EGG FREE DIETS, OMIT MAYONNAISE AND USE SALAD CREAM OR NATURAL YOGHURT



Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
49	0.8	3.5	3.7	0.1	0.1	0.3	24