

SUMMER SIDES

PREPARATION: 10 MINUTES

5 SERVINGS

SWEET AND SOUR COLESLAW

INGREDIENTS

1 bag (340 g) coleslaw mix

¼ cup apple cider vinegar
(or rice wine vinegar)

¼ cup white sugar

¼ cup canola oil

¾ teaspoon celery seed



PREPARATION

- 1 Place vinegar, sugar and oil in a small saucepan and bring to a boil. Stir well to ensure sugar is dissolved, remove from heat.
- 2 Let cool and whisk in celery seed. Pour over coleslaw mix and refrigerate.

Nutrient Analysis

PER SERVING:

1 cup

RENAL EXCHANGE:

1 Vegetable

Calories	196 Kcal
Protein	1 g
Carbohydrates	16 g
Fibre	1 g
Total Fat	15 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	13 mg
Potassium	106 mg
Phosphorus	2 mg