

# Fruit Cole Slaw

**Makes:** 6 servings

Honey and vinegar give a sweet and sour twist to this fruit and cabbage cole slaw.

## Ingredients

**1/2** cabbage (head, shredded (2 quarts))

**1 can** fruit cocktail (16 ounce, juice packed, drained)

**1 cup** yogurt, non-fat plain

lemon (juice of 1)

**1/2 cup** honey

**1/4 cup** vinegar

**1** banana (sliced)

**1/2 teaspoon** salt

**1/8 teaspoon** pepper

## Directions

1. Shred cabbage.
2. Combine all ingredients in a large bowl.

**Source:** University of Vermont, Extension, Making It Fit: Piecing T

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>194</b>
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	245 mg
Total Carbohydrate	48 g
Dietary Fiber	4 g
Total Sugars	42 g
Added Sugars included	27 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 IU
Calcium	121 mg
Iron	1 mg
Potassium	398 mg
N/A - data is not available	

### MyPlate Food Groups

 Fruits	1/2 cup
 Vegetables	3/4 cup
 Dairy	1/4 cup