Fruity Cabbage Salad
Makes 6 - 1 cup servings

Ingredients:
- 2 medium apples
- 2 teaspoons no pulp orange juice
- 3 cups cabbage, shredded
- ½ cup raisins
- ¼ cup low fat vanilla yogurt

Directions:
1. Wash and core apples. Cut into small chunks and place in a large bowl.
2. Add orange juice and stir.
3. Add cabbage, raisins and yogurt.
4. Mix lightly and chill.

Nutrition Facts
6 servings per container
Serving size 1 cup servings
(122g)

Amount per serving
Calories 100 % Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 15mg 1%
Total Carbohydrate 22g 8%
Dietary Fiber 3g 11%
Total Sugars 18g
Includes 0g Added Sugars 0%
Protein 2g

Vitamin D 0mcg 0%
Calcium 31mg 2%
Iron 1mg 6%
Potassium 185mg 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.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.