

Sweet Country Coleslaw

Serves 4 (1/2 cup per serving)

Ingredients

2 tablespoons fat-free or light sour cream
1 tablespoon plus 1 teaspoon sugar
1 tablespoon fat-free or light mayonnaise
1 teaspoon cider vinegar
1/4 teaspoon celery seeds (optional)
1/8 teaspoon salt
1/8 teaspoon pepper
4 cups packaged shredded cabbage and carrot mix

Directions

1. In a medium bowl, stir together all the ingredients except the cabbage and carrot mix.
2. Stir in the cabbage and carrot mix until well coated. (The mixture will be very thick.)
3. Let stand for 15 minutes before serving. (The coleslaw will shrink in volume by about half.)

Nutritional Analysis

Calories 44
Protein 1g
Fat 0g
Saturated Fat 0g
Total Carbohydrate 9g
Sodium 126mg
Cholesterol 2mg
Fiber 1g
Sugar 7g

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