

Broccoli Slaw

Ingredients:

- 1 package broccoli slaw
- 3 tbsp. nonfat plain yogurt
- 3 tbsp. light mayonnaise
- ½ cup cider vinegar
- 1 ½ tsp. salt
- ¾ tsp. ground black pepper
- 7 ounces waterchestnuts
- 7 tbsp. red onion, chopped



Nutrition Facts			
Serving Size ¾ cup (170g)			
Servings Per Container 6			
Amount Per Serving			
Calories 90		Calories from Fat 25	
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 270mg			11%
Total Carbohydrate 16g			5%
Dietary Fiber 4g			16%
Sugars 3g			
Protein 4g			
Vitamin A 60% • Vitamin C 150%			
Calcium 6% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Directions:

1. Wisk yogurt, mayonnaise, vinegar, sugar, salt and pepper in a large bowl.
2. Add water chestnuts, onion, and broccoli slaw; toss to coat.
3. Chill until serving time.