

Asian Pear and Cashew Slaw

Ingredients:

- 4 cups thinly sliced green cabbage
- ¼ tsp. salt
- 4 tbsp. cider vinegar
- 1 tsp. nut oil or olive oil
- 1 large Asian pear, sliced
- 1 tbsp. fresh chives
- ¼ cup cashews, toasted



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 25g **8%**

 Dietary Fiber 6g **24%**

 Sugars 12g

Protein 4g

Vitamin A 4% • Vitamin C 70%

Calcium 6% • Iron 10%

*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. Combine cabbage, salt, vinegar and oil.
2. Add pear to cabbage mixture. Just before serving add cashews.