

Maple Pecan Coleslaw



Makes:

14 servings

Utensil:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

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Contributed By:

Cooking 4 Life

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Salad

1

medium head cabbage, strung, use Cone #2

4

carrots, julienned, use Cone #2

3

stalks celery, strung, use Cone #2

6

green onions, chopped

1

cup

pecans, chopped

(109

g)

Dressing

1

cup

vegenaise (non-dairy mayonnaise)

(240

g)
4
tablespoons
maple syrup
(80
g)
4
tablespoons
apple cider vinegar
(60
mL)
salt and pepper, to taste

Directions:

1. Combine salad ingredients in a large mixing bowl.
2. Combine dressing ingredients in a small mixing bowl.
3. Add dressing to salad and mix well to combine.

Tips:

- Best when served chilled.

Nutritional Information per Serving

Calories:

207

Total Fat:

17g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

305mg

Total Carbs:

12g

Dietary Fiber:

3g

Sugar:

7g

Protein:

2g