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Home > Maple Pecan Coleslaw

Maple Pecan Coleslaw



Makes:

14 servings

Utensil:

Saladmaster Food Processor small mixing bowl large mixing bowl Rate Recipe:

Contributed By:

Cooking 4 Life Authorized Saladmaster® Dealer Write a Review 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 (240 g) 4 mayonnaise) 4

tablespoons	maple	(80 g)	
	syrup	Directions:	
tablespoons	apple cider	(60 mL)	
·	vinegar	ì 1'.	Combine salad
salt and pepper. to		ingredients in a large	
taste		mixing bowl.	
	2.	Combine dressing ingredients in a small	
mixina	bowl.		

3. Add dressing to salad and mix well to combine.

Tips:

· Best when served chilled.

Nutritional Information per

•<u>Serving</u>

Calories: 207 Total Fat: 17g Saturated Fat: 1g Cholesterol: 0mg Sodium: 305mg Total12gCarbs:3gDietary Fiber:3gSugar:7gProtein:2g