



Easy Apple Coleslaw

Serves 6

Ingredients:

- 3 cups chopped cabbage
- 1 unpeeled red apple, cored and chopped
- 1 unpeeled Granny Smith apple, cored and chopped
- 1 carrot, grated
- 1/2 cup finely chopped red bell pepper
- 2 green onions, finely chopped
- 1/3 cup mayonnaise
- 1/3 cup brown sugar
- 1 tablespoon lemon juice, or to taste

Preparation:

1. In a large bowl, combine cabbage, red apple, green apple, carrot, red bell pepper, and green onions.
2. In a small bowl, mix together mayonnaise, brown sugar, and lemon juice.
3. Pour dressing over salad.

Nutrition Information based on 1 serving:

Calories: 168	Total Fat: 9 g	Total Carbohydrate: 22.5 g	Dietary Fiber: 3 g
Protein: 1 g	Sodium: 94 mg	Calcium: 39 mg	Iron: 0.5 mg

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