

# Mango Red Cabbage Slaw (PKU-Friendly)



*This sweet and tangy summer slaw adds a bright burst of flavor to our BBQ pulled 'pork.' It pairs well with smoky and savory flavors!*

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	5 MIN	15 MIN

	PHE	Simplified PKU Protein
Serving	12mg	0g
Recipe	143mg	0g

## INGREDIENTS

1 each	Lime, juiced
1 Tbsp	Vinegar (Red/White Wine or Rice)
1 ½ tsp	Honey
¼ tsp	Kosher Salt
¼ tsp	Black Pepper
1/8 tsp	Cumin, ground
1 cup	Mango, small dice
¼ each	Red Cabbage, finely shredded (~2 cups)
½ medium	Red Bell Pepper, small dice (3 oz)
2 each	Green Onions, finely sliced

## CHEF'S NOTES

Serving Size = ¼ cup

Mangos that need to ripen a little more can be placed in a brown paper bag and stored at room temperature until ripe and ready to use!

Thin sliced apples can be substituted if mangos are not available.

Save time on cutting by using a bag of Cole Slaw Mix for the red cabbage.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium bowl, whisk the lime juice, vinegar, honey, salt, pepper, and cumin to combine.
3. Add the diced mango, shredded cabbage, diced bell pepper, and sliced green onions and gently fold to combine.
4. The slaw is ready to eat immediately, or can be chilled and served later.

# Nutrition Facts

12 servings per container

**Serving Size** 1/4 cup (44 g)

Amount per serving

**Calories** 20

% Daily Value \*

**Total Fat 0g** 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 45mg** 0%

**Total Carbohydrate 5g** 0%

Dietary Fiber less than 1g 3%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein 0.4g** 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 0%

Potassium 84mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

