

# Mango Red Cabbage Slaw



*This sweet and tangy summer slaw adds a bright burst of flavor to our spiced fish tacos. It's also a perfect low calorie side dish or topper for salads and grain bowls.*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>8 MIN</b>
-----------------------------------	----------------------------------	-----------------------------------

## INGREDIENTS

1 each	Lime, juiced
1 Tbsp	Vinegar (Red/White Wine or Rice)
1½ tsp	Honey
¼ tsp	Kosher Salt
¼ tsp	Black Pepper
¼ tsp	Paprika, regular or smoked
⅛ tsp	Cumin, ground
1 each	Mango, small dice
½ cup	Red Cabbage, finely shredded
½ each	Red Bell Pepper, small dice
2 each	Green Onions, finely sliced
2 Tbsp	Cilantro leaves, chopped

## CHEF'S NOTES

This slaw is the perfect topping for fish tacos, a side dish to accompany a surf and turf dish or as a high fiber sweet snack with corn tortilla chips.

If you're looking for a little more heat in your slaw, try adding a pinch of cayenne pepper from your spice rack or add fresh minced jalapeno.

## DIRECTIONS

1. In a medium bowl, stir or whisk the lime juice, vinegar, honey, salt, pepper, paprika, and cumin to combine.
2. Add cut green onions, bell pepper, cabbage, mango, and cilantro and gently fold to combine.
3. Serve chilled.

# Nutrition Facts

4 servings per container

**Serving size** 2 Tbsp (92g)

**Amount Per Serving**

**Calories** 45

**% Daily Value\***

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 125mg 5%

**Total Carbohydrate** 12g 4%

Dietary Fiber 1g 4%

Total Sugars 9g

Includes 2g Added Sugars 4%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 160mg 4%

\* 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.

