



INGREDIENTS

2 cups green cabbage, shredded

¼ cup green pepper, chopped

¼ cup shredded carrots

2 tablespoons finely chopped yellow onion

1 teaspoon fresh cilantro, chopped

¼ cup vegetable juice (such as V-8®)

1 tablespoon white vinegar

¾ teaspoon sugar

¾ teaspoon vegetable oil

¼ teaspoon mild chili powder

1 teaspoon salt

1 large ripe tomato

Spicy Slaw

RECIPE...

- Wash, core and shred the cabbage. Wash, core and chop the green pepper. Wash, peel and shred the carrot. Wash, peel, rinse and finely chop the yellow onion. Wash, dry and chop the cilantro. Place all vegetables in a large bowl and set aside.
- Whisk together the vegetable juice, vinegar, sugar, chili powder and salt.
- Pour over the vegetables and toss to coat. Cover with plastic wrap and refrigerate for at least two hours, tossing occasionally.
- Wash and dry tomato, then cut into five slices.
- To serve, place a tomato slice on a plate and spoon ½ cup of slaw over the tomato, using a slotted spoon. Serves 5.

Spicy Slaw

Nutrition Facts

Serving Size 1/2 cup (86g)

Servings Per Container 1

Amount Per Serving

Calories 30 **Calories from Fat** 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Potassium 170mg **5%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **6%**

Sugars 3g

Protein less than 1g

Vitamin A 30% • Vitamin C 40%

Calcium 2% • Iron 2%

Thiamin 2% • Riboflavin 2%

Niacin 2% • Vitamin B6 6%

Folacin 6% • Vitamin B12 0%

Phosphorus 2% • Zinc 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Spicy Slaw

POWERBACK 
REHABILITATION

