

Lightened Up Homemade Coleslaw With Greek Yogurt

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/coleslaw-with-greek-yogurt-recipe>

Ingredients:

- 1/4 cup greek yogurt
- 1/4 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon white vinegar
- 1 1/2 teaspoons maple syrup
- 1/2 teaspoon celery seeds
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bag coleslaw mix pre-chopped, 16 oz
- 1/2 cup shredded carrots
- 1/4 cup sliced green onions thinly

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 1 grams
7. SaturatedFat: 1 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams

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