

Healthy Southwest Coleslaw

Yield: 8 min
Total Time: 5 min

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

Ingredients:

- 3/4 cup fat free greek yogurt plain
- 2 tablespoons apple cider vinegar any vinegar will do
- 1 tablespoon minced garlic
- 1 teaspoon lime juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon chili powder
- 1 teaspoon cayenne pepper
- 1/4 cup stevia or 0-Cal Sweetener
- 8 ounces coleslaw Bagged, or Broccoli Slaw for a drier slaw, use 12-16 ounces here

Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 1 grams
6. Sodium: 300 milligrams

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