

# Mayo-less Mexican Slaw

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-mexican-slaw-recipe>

## Ingredients:

- 1 head cabbage thinly sliced
- 2 carrots peeled and shredded
- 1 red onion small, thinly sliced
- 2 tablespoons Dijon mustard
- 1 lime zest and juice
- 1 jalapeño seeded and diced
- 1 teaspoon cumin
- kosher salt
- freshly ground pepper
- 1/4 cup extra-virgin olive oil
- 1 handful cilantro leaves chopped

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 23 grams
3. Fat: 15 grams
4. Fiber: 8 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 260 milligrams
8. Sugar: 4 grams

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