

Recipe for Red Russian Kale and Red Cabbage Slaw

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/red-cabbage-russian-recipe>

Ingredients:

- 4 cups red russian kale sliced, strips, about 1 lb. kale leaves, sliced
- 3 cups red cabbage thinly sliced, about 1/2 large head cabbage
- 4 green onions thinly sliced
- 1/2 cup mayo or light mayo, do not use fat free
- 2 tablespoons white wine vinegar
- 1 tablespoon agave nectar Splenda, or sugar, use agave nectar or Splenda for South Beach Diet
- 1 teaspoon celery seed
- 1/4 teaspoon ancho chile powder or can use regular chile powder; I used Penzeys Ancho Chile Powder
- salt to taste, I used Vege-Sal

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 450 milligrams
9. Sugar: 4 grams

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