

# Sweet and Tangy Summertime Coleslaw



Course: Side Dish

Categories: Vegetable

Source: [www.livingupwell.com](http://www.livingupwell.com)

Serving size: 12 servings of 3/4 cups

Preparation time: 10 mins

Cooking time:

## Ingredients

- 1 large head of red or green cabbage
- 1 cup dried cranberries
- 1 cup green onions, chopped
- 1/2 cup apple cider vinegar
- 1/4 cup extra virgin olive oil (EVOO)
- 1/4 cup sugar
- 1 tablespoon celery seeds
- 1 teaspoon sea salt

## Directions

Prep Day:

1. Chop the cabbage into thin bite-sized pieces and place in large bowl.
2. In small bowl, add celery seeds, salt, apple cider vinegar. Slowly whisk in EVOO.
3. Pour dressing over chopped cabbage, add dried cranberries, sugar and mix to combine.
4. Cover and refrigerate for 24 hours before serving. Toss at least once in the 24 hours.
5. 2-4 hours before serving, toss cabbage and taste. If not tangy and sweet, add 1/4 cup apple cider vinegar and 1-2 tablespoons sugar.

## Notes

Make this at least 24 hours before serving, it needs to marinate and break down the cabbage.

Sweet and Tangy Coleslaw		
Nutrition Facts		
Serving Size	1 Serving = 3/4 cup	
Amount Per Serving		
Calories	124.9	
	% Daily Value*	
Total Fat	4.9 g	6 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	218.3 mg	9 %
Total Carbohydrate	21.2 g	8 %
Dietary Fiber	3.2 g	11 %
Total Sugars	16.5 g	
Added Sugars	1.4 g	3 %
Protein	1.5 g	
Vitamin D	0 mcg	0 %
Calcium	56.3 mg	4 %
Iron	0.9 mg	5 %
Potassium	218.3 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		