

# CLASSIC COLESLAW

## INGREDIENTS

- 2 carrots, peeled and grated
- 2 sticks celery, finely sliced
- ¼ cabbage (thick white stems removed), very finely sliced
- 1 small red onion, very finely sliced
- ½ cup finely chopped flat-leaf parsley
- 1 cup ready made coleslaw dressing or reduced fat mayonnaise

## METHOD

1. Mix all the ingredients together in a large bowl. Cover the coleslaw and chill in the fridge for half an hour before serving.

Serves 4 – 6 as a side dish

	Per Serving	Per 100g
Energy	193kJ	155kJ
Protein	1g	<1g
Fat – Total	2g	2g
- Saturated	<1g	<1g
Carbohydrate - Total	3g	2g
- Sugars	2g	2g
Sodium	529mg	427mg



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