Keto Coleslaw

Servings	8
Preparation Time	10 Mins
Cooking Time	5 Mins
Total Time	15 Mins

Nutrition Information

Calories	105.88
Protein	1.43
Protein Serve	0.00
Carbohydrates	6.75
Fat	7.50

Ingredients

- 2.00 tsp Apple Cider Vinegar
- 350.00 g Cabbage (green, thinly sliced)
- 180.00 g Cabbage (red, thinly sliced)
- 1.00 large Carrot (shredded)
- 0.25 tsp Garlic Powder
- 2.00 tsp Lemon Juice
- 0.25 cup Parsley (fresh, thinly packed)
- 4.00 medium Radish
- 0.25 tsp Sea Salt
- 2.00 tbsp Sour Cream
- 3.00 whole Spring Onion (sliced thinly)
- 0.33 cup Ultra Lite Mayonnaise (or store brought mayo)
- 1.00 pinch White Pepper

Instructions

1. In a large mixing bowl, add the cabbages, radishes, carrot, green onion and parsley and toss them together. Set aside while you make the dressing.
2. In a small bowl, add the remaining ingredients and whisk together until it’s a smooth and creamy texture.
3. Pour half the dressing into the salad and mix well. Then continue to add the dressing until the coleslaw reaches your desired level of dressing, I tend to use it all as I love a well dressed salad.
4. Taste your coleslaw and season accordingly with salt and pepper.
5. Refrigerate the coleslaw for at least an hour (or overnight) to let the flavours develop, then serve and enjoy.

Notes

Note:I tend to prefer using a mandolin on the thin setting to make my slaw, as this gets the best size pieces from the cabbage and radishes.
Depending on size of serves, as a side dish this recipe can make up to 8 serves