



Cabbage, Broccoli, and Cauliflower Salad



Ingredients



- 2 cups shredded cabbage
- 2 cups broccoli, diced
- 2 cup cauliflower, diced
- 1/2 red onion, diced
- 1 cup mayo
- 1/4 cup white vinegar
- 2 Tbsp sugar



Directions



1. Combine cabbage, broccoli, cauliflower, and onion in a large bowl
2. Combine mayo, vinegar, and sugar in a small mixing bowl, whisk together
3. Pour dressing over salad and toss
4. For best results, refrigerate 30 minutes prior to serving
5. Enjoy!



Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Cabbage, Broccoli, and Cauliflower Salad



Ingredients



- 2 cups shredded cabbage
- 2 cups broccoli, diced
- 2 cup cauliflower, diced
- 1/2 red onion, diced
- 1 cup mayo
- 1/4 cup white vinegar
- 2 Tbsp sugar



Directions



1. Combine cabbage, broccoli, cauliflower, and onion in a large bowl
2. Combine mayo, vinegar, and sugar in a small mixing bowl, whisk together
3. Pour dressing over salad and toss
4. For best results, refrigerate 30 minutes prior to serving
5. Enjoy!



Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts



This Recipe Provides



Fiber



Vitamin C

Cooking Tips

- This salad is very adaptable and any other veggies can be added as you would like
- Avoid adding dressing until you would like to serve the salad

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!

Nutrition Facts



Nutrition Facts

Serving Size (149g)

Amount Per Serving

Calories 198 Calories from Fat 119

% Daily Value*

Total Fat 13.2g **20%**

Saturated Fat 1.9g **10%**

Trans Fat -1g

Cholesterol 10mg **3%**

Potassium 261mg **7%**

Sodium 304mg **13%**

Total Carbohydrate 19.4g **6%**

Dietary Fiber 2.3g **9%**

Sugars 9g

Protein 2.4g **5%**

Vitamin A 6% Vitamin C 86%

Calcium 4% Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |



Fast Facts



This Recipe Provides



Fiber



Vitamin C

Cooking Tips

- This salad is very adaptable and any other veggies can be added as you would like
- Avoid adding dressing until you would like to serve the salad

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!

Nutrition Facts



Nutrition Facts

Serving Size (149g)

Amount Per Serving

Calories 198 Calories from Fat 119

% Daily Value*

Total Fat 13.2g **20%**

Saturated Fat 1.9g **10%**

Trans Fat -1g

Cholesterol 10mg **3%**

Potassium 261mg **7%**

Sodium 304mg **13%**

Total Carbohydrate 19.4g **6%**

Dietary Fiber 2.3g **9%**

Sugars 9g

Protein 2.4g **5%**

Vitamin A 6% Vitamin C 86%

Calcium 4% Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |