

COLESLAW

GREEN AND PURPLE CABBAGE, CARROTS



Red cabbage contains powerful pigments called anthocyanins, which have been shown to reduce the risk of heart disease. Can you point to your heart? What sound does the heart make?

PRODUCE PARTICULARS

Cabbage comes in multiple colors like green and purple seen here and is high in dietary fiber, and is a good source of C and K

Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.

Cole slaw got its name from the Dutch dish called kool sla which means cabbage (kool) salad (sla), and was traditionally served warm, not cold like coleslaw.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	25
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.5mg	2%
Potassium 180mg	4%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cabbage, Raw, Cabbage, Red, Raw, Carrots, Raw

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