

Low-Carb Cole Slaw



Serves 6

Ingredients:

- 1/2 cup mayonnaise
- 1/2 teaspoon salt
- 3 tablespoons low-carb sweetener
- 3 tablespoons vinegar
- 8 ounces shredded cabbage or cole slaw mix

Instructions:

1. Mix all ingredients until smooth

Adapted from Duke Lifestyle Medicine Clinic

2. Adjust sweetener, salt, and vinegar to taste.

Nutrition per serving: Calories 139; Total Fat 13.8 g; Saturated Fat 2.2 g; Monounsaturated Fat 3.1 g; Polyunsaturated Fat 8.2 g; Total Carbohydrates 3.2 g; Dietary Fiber 0.9 g; Sugar Alcohols 0.0 g; Sugars 2.0 g; Protein 0.7 g; Sodium 320 mg