

Mexican Coleslaw

This is a great coleslaw to take along on a picnic since it is not made with mayonnaise; no need to be concerned about refrigeration. Try adding Sherlyn Konzelman's recipe for Garlic Lemon Vinaigrette to this coleslaw.

- 1 16 ounce pkg. tri-color coleslaw (green cabbage, red cabbage, carrot)
- 1 15 ounce can black beans, rinsed and drained
- 1 15 ounce can corn, rinsed and drained
- 1 red bell pepper, thinly sliced
- 1/2 red onion, thinly sliced
- 1/2 bunch cilantro, chopped
- 1 jalapeno pepper, seeded and deveined or 2 banana peppers, finely chopped (optional)

Combine all ingredients in a large bowl. Serve with 1/3 cup of your favorite garlic flavored vinaigrette or make the Garlic-Lemon Vinaigrette recipe by Sherlyn Konzelman.

Servings: 10

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	95.56
Calories From Fat (5%)	5.20
% Daily Value	
Total Fat 0.62g	1%
Saturated Fat 0.12g	1%
Cholesterol 0.00mg	0%
Sodium 161.71mg	7%
Potassium 364.67mg	10%
Carbohydrates 18.86g	6%
Dietary Fiber 6.03g	24%
Sugar 3.25g	
Sugar Alcohols 0.00g	
Net Carbohydrates 12.83g	
Protein 5.54g	11%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 16 ounce pkg. tri-color coleslaw (green cabbage, red cabbage, carrot)	1 x 1 lb of Cabbage, raw
1 15 ounce can black beans, rinsed and drained	1 x 15 ounces of Beans, black, mature seeds, cooked, boiled, with salt
1 15 ounce can corn, rinsed and drained	1 x 1 12 oz can yields of Corn, sweet, yellow, canned, whole kernel, drained solids
1 red bell pepper, thinly sliced	1 x 1 medium (approx 2-3/4" long, 2-1/2" dia) of Peppers, sweet, red, raw
1/2 red onion, thinly sliced	0.50 x 1 small onion of Onions, red
1/2 bunch cilantro, chopped	0.50 x 1 tablespoon of Cilantro (Chinese parsley), raw
1 jalapeno pepper, seeded and deveined or 2 banana peppers, finely chopped (optional)	8 x 1 pepper of Peppers, jalapeno, raw

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