

Sweet & Sour Kale Cabbage Slaw

Servings

8

Calories

750

Prep Time

10 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

- 1 (2 pound) bag Mann's Kale Cabbage Blend
- 8 ounces dried cranberries
- 6 ounces sliced almonds
- 1 (10 ounce) package Chow Mein noodles, prepared
- $\frac{3}{4}$ cup Balsamic vinegar
- 1 cup olive oil, extra virgin
- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ cup Dijon mustard
- Salt and pepper, to taste



The Method

Combine the balsamic vinegar, olive oil, honey, Dijon mustard, and the salt and pepper in a mixing bowl and whisk to combine well. In a larger bowl, combine the Kale Cabbage Blend, dried cranberries, almonds, and chow mein noodles. Add the vinaigrette and toss well.

Serve immediately.

Nutrition Facts

Serving Size: 280g | Servings: 8

Amount Per Serving

Calories 750 | Total Fat 45g (sat 7g trans 2g) | Cholesterol 0mg | Sodium 800mg | Total Carbohydrate 82g | Dietary Fiber 8g |
Sugars 46g (Includes 17g Added Sugars) | Protein 12g | Vitamin D 0% | Calcium 10% | Iron 20% | Potassium 10%