

## [LOW CALORIE COLE SLAW RECIPE](#)



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### **Low Calorie Coleslaw Recipes EatingWell**

Cutting vegetables into long thin strips--a technique called julienning--rather than shredding them gives this healthy slaw recipe a marvelous, crisp texture. You can cut the vegetables by hand, but a mandoline will save you a lot of time. If your radishes still have the greens attached, reserve them and use as a garnish.

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### **Low Calorie Creamy Cole Slaw Dressing Recipes SparkRecipes**

crispy baked eggrolls. takes a bit of time but so good you wont notice its low-calorie. you can omit the brocolli slaw without any real change in flavor/ texture. the cole slaw was just meant to save time, but shredded or julienne carrots and finely sliced cabbage would work great.

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### **Low Fat Cole Slaw Recipe Genius Kitchen**

This is a recipe I've been making for some time and am just now getting around to posting. It is from The Best Kept Secrets of Healthy Cooking by Sandra Woodruff, RD.

<http://ebookslibrary.club/Low-Fat-Cole-Slaw-Recipe-Genius-Kitchen.pdf>

### **Low Calorie Cole Slaw Recipe Cooks com**

Step 1, Grate cabbage and carrot in a bowl; set aside. Step 2, Mix together mayonnaise and Sweet & Low. Step 3, Gradually add and stir in the 2% milk. Step 4, Beat by hand until creamy. Step 5, Pour creamy dressing over cabbage and carrot.

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### **10 Best Low Calorie Cole Slaw Dressing Recipes Yummly**

garlic, red wine vinegar, extra virgin olive oil, red onion, blue cheese dressing and 4 more

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### **A Dope No Fat No Added Sugar Low Calorie Cole Slaw**

Check your fat-laden, mayo-rich coleslaw at the door. Check the sugar at the door too. Here's a recipe for cole slaw that basically doesn't have any fat or added sugar. It sounds too good to be true. It might, because it actually tastes good!

<http://ebookslibrary.club/A-Dope--No-Fat--No-Added-Sugar--Low-Calorie-Cole-Slaw--.pdf>

### **Creamy Cole Slaw Recipe Without All of the Calories**

Broccoli turkey bacon salad - Usually this traditional salad has a fair amount of sugar, but this recipe keeps the same flavors while reducing the sugar. Cauliflower "potato" salad - No potatoes needed for this low-carb copy of a classic summer side dish.

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