



Prep	Cook	Ready in	Servings
20 min	0 min	20 min	6

## Pineapple Cilantro Slaw

This refreshing Pineapple Cilantro Slaw pairs perfectly with chicken and is an excellent topper for pulled pork sandwiches and fish tacos!

### Ingredients

1 bag (16oz)	Coleslaw mix
3 cup shredded	Red cabbage
2 cup	Pineapple (fresh; diced)
1/4 cup	Red onion (finely chopped)
1/4 cup	Red bell pepper (finely chopped)
1 pepper(s)	Serrano pepper (or jalapeno; seeded and finely chopped; optional)
1/2 cup	Cilantro (coriander) (fresh; chopped)
1 tbsp	Avocado oil (or olive oil)
1 tbsp	Apple cider vinegar
1/2 cup	Mayonnaise, low fat (or vegan mayonnaise; more or less; enough to make slaw desired consistency)
1 whole lime(s)	Lime juice (fresh)
1 dash	Salt

### Instructions

1. Add the coleslaw mix, red cabbage, pineapple, red onion, red bell pepper, hot pepper, and cilantro to a large bowl.
2. Next, add the oil, apple cider vinegar, and mayonnaise. Squeeze in the fresh lime juice and season with salt.
3. Stir to combine so that coleslaw is evenly mixed.
4. For best results, refrigerate an hour prior to serving to let the flavors combine.

## Nutrition Facts

Per Portion

<b>Calories</b>	156
Calories from fat	85
Calories from saturated fat	12.6
<b>Total Fat</b>	9.5 g
Saturated Fat	1.4 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.1 g
Monounsaturated Fat	3.4 g
<b>Cholesterol</b>	7.3 mg
<b>Sodium</b>	215 mg
<b>Potassium</b>	321 mg
<b>Total Carbohydrate</b>	17.0 g
Dietary Fiber	3.1 g
Sugars	10.5 g
<b>Protein</b>	2.1 g