



# Try it “Tuesdays”



## Cabbage Topping

Makes: 6 ½ cup servings

Preparation Time: 10 Minutes

### Nutrition Facts

Serving Size 1/2 cup (109g)  
Servings Per Container 6

Amount Per Serving

Calories 25      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 115mg      5%

Total Carbohydrate 6g      2%

Dietary Fiber 3g      12%

Sugars 3g

Protein 1g

Vitamin A 2%      • Vitamin C 70%

Calcium 4%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:      2,000      2,500

Total Fat      Less than      65g      80g

Saturated Fat      Less than      20g      25g

Cholesterol      Less than      300mg      300mg

Sodium      Less than      2,400mg      2,400mg

Total Carbohydrate      300g      375g

Dietary Fiber      25g      30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients

½ head of a large cabbage

1 bunch cilantro

1 jalapeño

¼ teaspoon salt

1 tablespoon white vinegar

### Directions

Finely chop the cabbage, cilantro and jalapeño into a large bowl. Add salt and vinegar, then stir.

Serve with baked tortilla chips or use as a topping for tacos, enchiladas, tortas, or beans.

For more information, Contact your local EFNEP office

