

Pineapple Broccoli Slaw

Make use of freshly packaged foods such as the broccoli slaw and save time in the kitchen!

8 ounces packaged broccoli slaw
1 can (20 ounce) pineapple chunks, in it's own natural juice (No sugar added)
1/2 teaspoon fresh ginger root, grated
1 carrot, grated

Measure broccoli slaw into a deep bowl. Drain pineapple tidbits, reserving 1/4 cup juice. Combine slaw, pineapple, ginger, carrot and juice. Toss to mix.

Servings: 4

Preparation time: 5 minutes

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	83.46
Calories From Fat (3%)	2.89
% Daily Value	
Total Fat 0.35g	1%
Saturated Fat 0.05g	0%
Cholesterol 0.00mg	0%
Sodium 28.76mg	1%
Potassium 366.91mg	10%
Carbohydrates 20.30g	7%
Dietary Fiber 1.81g	7%
Sugar 15.08g	
Sugar Alcohols 0.00g	
Net Carbohydrates 18.49g	
Protein 2.37g	5%

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
8 ounces packaged broccoli slaw	8 x 1 oz of Broccoli, flower clusters, raw
1 can (20 ounce) pineapple chunks, in it's own natural juice (No sugar added)	4 x 100g of Pineapple, canned, juice pack, drained
1/2 teaspoon fresh ginger root, grated	0.50 x 1 teaspoon of Ginger root, raw
1 carrot, grated	1 x 1 large (7-1/4" to 8-1/2" long) of Carrots, raw

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