

Chicken Apple Slaw



Nutrition Info

- **Calories:** 204.3
 - **Fat:** 1.8g
 - **Carbohydrates:** 26.8g
 - **Protein:** 21.2g
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Ingredients

1 cup of shredded cabbage
3oz of cooked chicken breast (diced)
1 med Apple (diced)
1 tsp Dijon mustard (check the ingredients)
1 tbsp Apple Cider Vinegar

Directions

Dice cooked chicken and apple (I like to use green apple for this) and place in a medium sized bowl. Toss in shredded cabbage. In a small bowl mix together the vinegar and mustard (you can add a couple drops of stevia to give it a sweeter taste). Pour vinegar mixture over the cabbage and toss till everything is coated. You can eat it right away for let to chill for later.

Number of Servings: 1

Recipe submitted by SparkPeople user KIELEB.