

One of my favorite items at KFC was the coleslaw. Whenever I got fish and chips, I'd eat my coleslaw, but I'd also eat everyone else's. They didn't seem to like it as much as I did.

Of course, despite the "good" ingredients of cabbage, carrots and onions, restaurant coleslaw is loaded with mayonnaise (fat/oil) and sugar.

So here's a healthier version I've been enjoying since changing to a plant-strong lifestyle.

Dave's Sweet & Spicy Coleslaw

Items In This Meal	Calories	Sodium	Sugar	Fat	Fiber	Chol
Dried Cranberry - Cranberry Dried, 1/4 cup	120	0	31	0	2	0
Onions, raw, 1/4 cup, chopped	16	2	2	0	1	0
Maple Grove Farms - fat free poppy seed dressing, 3 tbs	68	210	8	0	0	0
Delallo - Balsamic Vinegar, 1 Tbsp	10	0	2	0	0	0
Bacon bits, meatless, 1 tbsp	33	124	0	2	1	0
Maple Grove Farms of Vermont - Fat Free Honey Dijon Dressing, 1 tbsp (30ml)	20	105	5	0	1	0
Fresh Express - 3 color ColeSlaw, 1/2 container (6.75 cup)	56	56	7	0	5	0
Total:	323	497	55	2	10	0

The cranberries could be replaced by **raisins**, which might reduce the calories and sugar content.

Dried cranberries are only sweet because of the added sugar.

Raisins are already naturally sweet.