

# Pineapple Slaw

Paula Macri - Gattuso's Bella Cucina  
Scripps Treasure Coast Newspapers

6 cups shredded cabbage  
1 1/2 cups celery, chopped  
1 1/2 cups mini marshmallows  
3/4 teaspoon salt  
1 can (16 ounce) crushed pineapple,  
well drained  
3/4 cup mayonnaise  
3/4 cup heavy cream, whipped

In a large bowl, mix together the cabbage,  
celery, marshmallows, salt and pineapple.

Fold the mayonnaise into the whipped cream.  
Toss into the slaw.

Chill before serving.

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Per Serving (excluding unknown  
items): 2082 Calories; 208g Fat  
(84.2% calories from fat); 14g  
Protein; 74g Carbohydrate; 14g  
Dietary Fiber; 302mg Cholesterol;  
2839mg Sodium. Exchanges: 5 1/2  
Vegetable; 2 1/2 Fruit; 1/2 Non-Fat  
Milk; 25 Fat.

Salads

## Per Serving Nutritional Analysis

Calories (kcal):	2082	Vitamin B6 (mg):	1.7mg
% Calories from Fat:	84.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	13.3%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	208g	Folacin (mcg):	262mcg
Saturated Fat (g):	61g	Niacin (mg):	3mg
Monounsaturated Fat (g):	57g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	71g	Alcohol (kcal):	0
Cholesterol (mg):	302mg	% Refuse:	n n%
Carbohydrate (g):	74g	<b>Food Exchanges</b>	
Dietary Fiber (g):	14g	Grain (Starch):	0
Protein (g):	14g	Lean Meat:	0
Sodium (mg):	2839mg	Vegetable:	5 1/2
Potassium (mg):	2046mg	Fruit:	2 1/2
Calcium (mg):	460mg	Non-Fat Milk:	1/2
Iron (mg):	5mg	Fat:	25

Zinc (mg): 2mg  
 Vitamin C (mg): 173mg  
 Vitamin A (i.u.): 3981IU  
 Vitamin A (r.e.): 931 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

Calories 2082                      Calories from Fat: 1754

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### % Daily Values\*

<b>Total Fat</b>	208g	320%
Saturated Fat	61g	304%
<b>Cholesterol</b>	302mg	101%
<b>Sodium</b>	2839mg	118%
<b>Total Carbohydrates</b>	74g	25%
Dietary Fiber	14g	58%
<b>Protein</b>	14g	
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<b>Vitamin A</b>		80%
<b>Vitamin C</b>		288%
<b>Calcium</b>		46%
<b>Iron</b>		26%

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\* Percent Daily Values are based on a 2000 calorie diet.