**Sweet Pineapple Coleslaw**

* 1 (14 oz.) bag of coleslaw mix
* 1 (8 oz.) can crushed pineapple (with juice)
* 2 Tablespoons vinegar
* 2 Tablespoons sugar
* 1 teaspoon salt
* pepper to taste

In a large mixing bowl, pour the can of crushed pineapple (with juice), vinegar, and sugar together. Mix together. Add in the bag of coleslaw, and toss in the pineapple mixture. Sprinkle the salt and pepper to taste. Toss the coleslaw again. Cover the bowl with plastic wrap, and chill in the refrigerator. When ready to serve, toss the coleslaw before serving

<http://vanessabaked.com/sweet-pineapple-coleslaw/>

**Pineapple Slaw**

This pineapple slaw is the perfect balance of sweet and acid. Since there is no mayo in this slaw, it holds up well in room temperature and is even better the next day! Pineapple might just be your new favorite ingredient too!

Total Time 10 minutes Servings 6 Calories 25kcal

Author Bites of Wellness

**Instructions**

½ head cabbage shredded

2 tbs. apple cider vinegar

½ tsp. salt fresh ground pepper

1 small container of pineapple drained and diced

¼ red onion finely sliced

3 tbs. cilantro chopped

1/8 tsp. cayenne pepper optional

Chop all your veggies and combine in a bowl. Add apple cider vinegar, salt and black pepper. Mix to combine. Taste for seasoning. Add additional vinegar, salt or cayenne pepper depending on your personal preference.

**Nutrition** Calories: 25kcal | Carbohydrates: 5g | Protein: 1g | Sodium: 173mg | Potassium: 142mg | Fiber: 2g | Sugar: 3g | Vitamin A: 2.6% | Vitamin C: 38% | Calcium: 3% | Iron: 2%

<https://bitesofwellness.com/pineapple-coleslaw/>