

# Sunflower Pineapple Slaw

Terry Guerlin

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

## Servings: 6

*1 can (20 ounce) pineapple tidbits*

*1/2 pound shredded cabbage*

*1/2 pound shredded carrots*

*1/3 cup toasted sunflower seeds*

*1/2 cup mayonnaise*

*2 tablespoons frozen*

*orange juice concentrate*

*1/4 teaspoon salt*

*pinch white pepper*

Drain the pineapple. Reserve two tablespoons of the pineapple juice.

In a bowl, combine the pineapple, cabbage, carrots and sunflower seeds.

In a separate bowl, stir together the mayonnaise, orange juice, reserved pineapple juice, salt and pepper. Pour over the salad mixture.

Toss and chill.

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Per Serving (excluding unknown items): 210 Calories; 20g Fat (79.3% calories from fat); 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 6mg Cholesterol; 212mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat.