

Ranch Style Cole Slaw

lowcarbdiets.about.com/od/soupsandsalads/r/coleslaw.htm

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Normally I like to season this coleslaw dressing with [Penzey's Buttermilk Ranch Seasoning](#), but when I'm out I make this, and it's almost as good. Actually, I've used many different ground herb and spice mixes, such as Greek Seasoning, and it's good that way as well. This cole slaw is great with barbecue or any grilled food. The cold creaminess is great up against hot BBQ spices.

Ingredients:

- 1/4 teaspoon plus one pinch salt
- 1 lb cabbage, shredded
- 1/3 cup mayonnaise
- 2/3 cup sour cream
- 2 Tablespoons lemon juice
- Artificial sweetener to equal 2 T sugar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/8 teaspoon paprika
- 1/4 teaspoon black pepper

Preparation:

Mix all cole slaw dressing ingredients together, and then mix them into the cabbage. Balance the lemon juice and sweetener to your own taste.

Nutritional Information: This makes about 7 servings of 1 cup each. Each serving has 4 grams [effective carbohydrate](#) plus 2 grams fiber, 2 grams protein, and 145 calories.