

Mexican Lime-Jalapeño Coleslaw

メキシカンライム・ハラペーニョコールスロー

Serves 4–6



Ingredients

Vegetables

- 390 g cabbage, finely shredded キャベツ
- 60 g carrots, grated にんじん
- 75 g apple, diced small りんご
- 10–15 g sliced jalapeños, finely chopped ハラペーニョ

Nuts

- 40 g walnuts, roughly chopped くるみ
- or
- 40 g roasted peanuts, roughly chopped ピーナッツ

Dressing

- 60 g reduced-fat Kewpie mayonnaise キューピーハーフ
- 2 T / 30 g fresh lime juice ライム果汁
- 1 tsp / 7 g honey はちみつ
- ¼ tsp celery seeds セロリシード
- ¼ tsp ground cumin クミン
- Pinch salt + pinch MSG 塩+MSG
- Freshly ground black pepper to taste 黒こしょう

Optional Herb Addition

- 10 g cilantro, chopped パクチー
- or
- 10 g parsley, chopped パセリ

Instructions

Prepare the Vegetables

1. Shred the **cabbage** finely and place in a large mixing bowl.
2. Grate the **carrots**. Dice the **apple** into small pieces. Finely chop the **jalapeños**.
3. Combine everything.

Prepare the Dressing

4. In a small bowl, combine:
 - **Mayonnaise**
 - **Lime juice**
 - **Honey**
 - **Celery seeds**
 - **Ground cumin**
 - **Salt + MSG**
 - **Black pepper**
5. Mix thoroughly and whisk until smooth and fully combined.

Assemble the Slaw

6. Pour the dressing over the cabbage mixture. Toss thoroughly until evenly coated.
 7. Fold in the **walnuts** or **peanuts** and add **cilantro** or **parsley** (if using).
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Chill

8. Refrigerate.
 - Cover and refrigerate for **at least 30 minutes**.
 - One to two hours is even better.
 - Stir again before serving.
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Nutrition

Per Serving (6 Servings)

Kcal total: **105** | Protein: **2 g** | Fat: **8 g** | Sat Fat: **1 g** | Carbs: **8 g** | Sugars: **5 g**
| Fiber: **2 g** | Sodium: **110 mg** | Omega-3: **0.5 g**

Entire Recipe

Kcal total: **630** | Protein: **12 g** | Fat: **48 g** | Sat Fat: **6 g** | Carbs: **48 g** | Sugars:
30 g | Fiber: **12 g** | Sodium: **660 mg** | Omega-3: **3.0 g**

Notes

- This recipe intentionally reduces sweetness compared with traditional American coleslaw to better complement Mexican and Southwestern dishes.
- The lime juice provides brightness and helps balance rich dishes such as enchiladas, tacos, burritos, and casseroles.
- The jalapeños contribute flavor and mild heat without overwhelming the slaw.
- Walnuts provide a pleasant crunch and additional Omega-3 fats, while peanuts create a more traditional Southwestern flavor profile.
- For a hotter version, serve Sriracha or another hot sauce at the table rather than mixing it into the slaw.
- This slaw is best served the same day but remains very good for up to 2 days refrigerated.
- The apple is retained as a signature element of your traditional coleslaw, while the lime, jalapeño, and cumin provide the Mexican-inspired character.