

Low Carb Crack Slaw Recipe & Video



4.99 from 70 votes

Low Carb Crack Slaw Recipe & Video! This easy, low carb recipe is so quick to make, you can make it for any meal! P.S. - it's seriously DELICIOUS!

Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Course: Dinner Cuisine: American Servings: 4 Calories: 255kcal

Author: Karlynn Johnston

Ingredients

- 1 pound lean ground beef **or chicken or turkey**
- 4 cloves garlic **minced**
- 2 tablespoons sesame seed oil
- 6-7 cups coleslaw mix
- 1-2 tablespoons sriracha
- 2 tablespoons soy sauce
- 2 teaspoons white vinegar
- 1/2 teaspoon white sugar OR splenda for low carb
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon toasted sesame seeds
- 2-3 tablespoons green onion **chopped**

Instructions

1. In a large skillet, fry the ground beef until cooked and no longer pink. Drain and return to the stove.
2. Push the ground beef to the side and add the sesame seed oil in the space. Add in the garlic and fry for 2-3 minutes, then mix into the ground beef.
3. Add in the coleslaw mix. Drizzle with sriracha, vinegar, soy sauce and sprinkle with the sugar, salt and pepper. Fry for another 5 minutes until the cabbage is wilted to your liking.
4. Plate, then sprinkle with the toasted sesame seed and green onions.

Notes

You can add more sriracha for a spicier dish, Mike always adds more!

Nutrition

Serving: 4g | Calories: 255kcal | Carbohydrates: 8g | Protein: 26g | Fat: 12g | Saturated Fat: 3g | Cholesterol: 70mg | Sodium: 974mg | Potassium: 601mg | Fiber: 2g | Sugar: 3g | Vitamin A: 135IU | Vitamin C: 42.3mg | Calcium: 58mg | Iron: 3.5mg