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Apple Cranberry & Almond Slaw

A refreshing and nutritious slaw made with fresh apples, cranberries, and almonds.

Perfect as a side dish or a light meal.

Recipe Type: Vegetarian Prep Time: 15 mins

Cook Time: N/A Total Time: 15 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Apples
100 g	Cranberries
100 g	almonds
50 g	mayonnaise
20 g	Lemon juice
20 g	Honey

5 g

Salt

Directions

Step 1



Slice the apples into thin matchsticks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2



In a large bowl, combine the sliced apples, cranberries, and almonds.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3



In a small bowl, whisk together the mayonnaise, lemon juice, honey, and salt.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4



Pour the dressing over the apple mixture and toss to coat evenly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 3 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	3 g	7.89%	12%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	0 mcg	0%	0%

Minerals

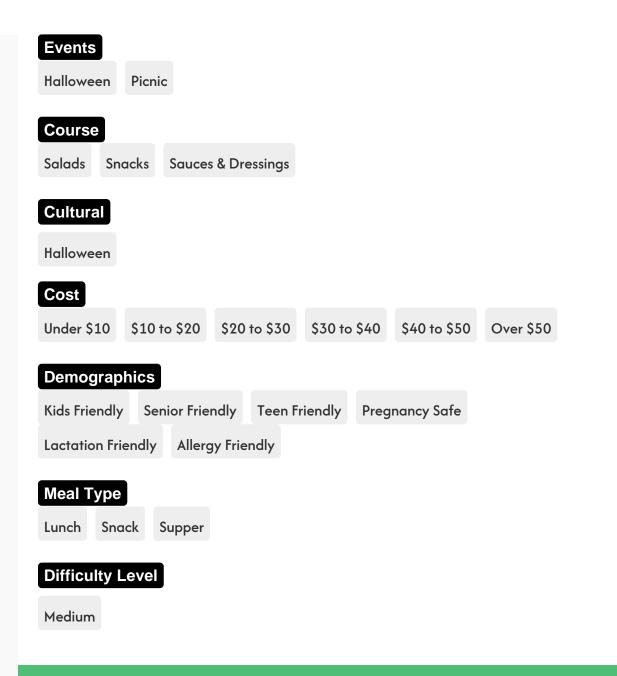
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	180 mg	5.29%	6.92%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes



Summer

Fall



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