



Healthdor

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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

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### Step 1

Cut

Slice the apples into thin matchsticks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Whipping

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

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

### Mixing

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

### Seasonality

Summer

Fall

## Events

Halloween

Picnic

## Course

Salads

Snacks

Sauces & Dressings

## Cultural

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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