

Cabbage & Apple Salad



Total:

10 minutes

Sirve:

10 servings

Pieza:

Saladmaster Food Processor

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Every meal needs a delicious crisp salad to accompany it. This salad combines the tangyness of the vinegar, lemon and mustard with the sweetness of the honey and apples to make a salad everyone will love! Serve it as a side or as a healthy snack!



Jazz up your next meal with these easy Saladmaster holiday side dishes! The best part? It's all guilt-free goodness that's so TASTY, no one will ever know it's healthy 😊 Less calories and fat, means more room for flavor when cooking with Saladmaster 😊

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2 tbsp
red wine vinegar or balsamic vinegar
(32
g)

1 tbsp
apple cider vinegar
(16
g)

1 tbsp
honey
(21
g)

1 tbsp
spicy or creole mustard
(11
g)

$\frac{1}{4}$ cup
extra virgin olive oil
(59
ml)

2 medium, unpeeled gala apples, sliced, use cone #3
2 tbsp
lemon juice
(30
g)

3 cups
red cabbage, shredded, use Cone #4
(228
g)

2 cups
green cabbage, shredded, use Cone #4
(152
g)

$\frac{3}{4}$ cup
dried cranberries
(90
g)

$\frac{3}{4}$ cup
pecan halves, optional
(74
g)

salt & pepper to taste (optional)

Preparación :

1. Whisk both vinegars and mustard in small bowl. Gradually whisk in the honey and olive oil.
2. Pour dressing and lemon juice over salad, season with salt & pepper (optional). Add cranberries and pecans and toss until combined.
3. Refrigerate and toss again before serving.

Información nutricional por ración

Calorías: 202
Grasa Total: 15g
Grasa 1g
Saturada:
Colesterol: 0mg
Sodio: 26mg
Carbohidratos: 18g
Fibra 3g
Dietética:
Azúcar: 13g
Proteína: 1g