

Caribbean Confetti Salad



Prep:

5 mins

Total:

10 mins

Sirve:

16 servings

Pieza:

Saladmaster Food Processor
6.5 Qt. Double Walled Bowl
small mixing bowl

Valora: ★★★★★

Contribuido por:

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Descripción de la Receta:

When people think salads, you don't think of pineapple and mango. Give your salad a burst of color and flavor by incorporating your favorite tropical fruits! Paired with a delicious sweet and tangy dressing, this salad is the perfect combination to any back yard bbq meal or as a standalone snack. Everyone will love it! All you need is your Saladmaster Food Processor, a couple of bowls and you're all set!

1/2 head
 green cabbage, processed, use Cone #2
 1/2 head
 red cabbage, processed, use Cone #2
 2 garlic cloves, shredded, use Cone #1
 3 medium
 carrots, shredded, use Cone #1
 1 lemon, juiced
 1/2 cup
 pineapple juice
 1/4 cup
 red wine vinegar
 3 tbsp
 honey
 2 tbsp
 dijon mustard
 1 jalapeño pepper, seeded and diced
 2 scallions, chopped, green part only
 1 tsp
 white pepper
 1 tsp
 salt
 1/4 cup
 cilantro
 1 cup
 pineapple chunks
 1 cup
 mango chunks
 Garnish: sunflower seeds

Preparación :

1. In a small bowl, add the lemon juice, red wine vinegar, pineapple juice, honey, dijon mustard, jalapeno, scallions, garlic, white pepper, salt and cilantro and whisk until combined.
2. In a larger bowl, process the cabbage and carrots. Add the mango, pineapple and dressing over the salad and toss to evenly coat.
3. Garnish with sunflower seeds and serve.

Información nutricional por ración

Calorías: 96
Grasa Total: 8g
Grasa 2g
Saturada:
Colesterol: 5mg
Sodio: 82mg
Carbohidratos: 3g
Fibra 1g

Dietética:**Azúcar:** 4g**Proteína:** 1g