



Crisp Zucchini and Apple Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



22 kcal

SIDE DISH

Ingredients

- 1 apples thinly sliced
- 1.8 cups coarsely cabbage shredded
- 0.3 cup carrots shredded
- 0.3 cup cranberries dried
- 2 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 2 Tbsp classic ranch dressing kraft
- 1 cup matchlike zucchini sticks

Equipment

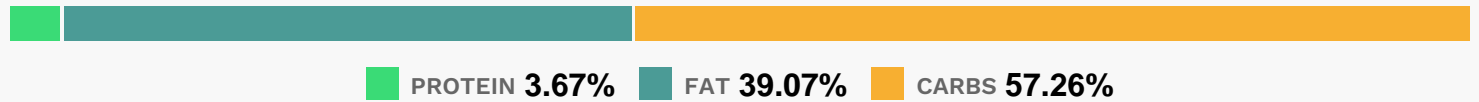
bowl

Directions

Mix mayo and dressing in large bowl.

Add remaining ingredients; toss to coat.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:1.4147826246107%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 22.42kcal (1.12%), Fat: 1.04g (1.6%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.87g (1.04%), Sugar: 2.59g (2.88%), Cholesterol: 0.61mg (0.2%), Sodium: 27.96mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin K: 8.21µg (7.82%), Vitamin A: 292.16IU (5.84%), Vitamin C: 3.87mg (4.69%), Fiber: 0.56g (2.23%), Manganese: 0.03mg (1.55%), Potassium: 43.59mg (1.25%), Vitamin B6: 0.02mg (1.23%), Folate: 4.81µg (1.2%)