



NutritionRx
Jennifer Broxterman

Zucchini & Apple Slaw

This fresh, crisp and tangy coleslaw makes for an ideal side for a summer BBQ. Cabbage is packed with disease-fighting antioxidants and vitamin C and is also one of the most affordable vegetables.

Prep: 12 minutes • Total: 15 minutes

Ingredients:

Light mayonnaise	2 Tbsp	30 mL
Ranch dressing	2 Tbsp	30 mL
Red cabbage, shredded	1 ¾ cups	330 mL
Red apple, thinly sliced	1 each	1 each
Zucchini, cut into match-like sticks	1 cup	250 mL
Carrots, shredded	1 cup	250 mL
Dried cranberries	¼ cup	60 mL
Pecans, chopped	2 Tbsp	30 mL

Directions:

1. Mix mayo and dressing in a large bowl.
2. Add remaining ingredients; toss to coat.
3. Sprinkle with pecans.
4. Serve immediately, or cover and refrigerate up to 2 hours before serving.

Nutrition Facts

Serving Size (142g)

Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 150mg **6%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 13g

Protein 1g

Vitamin A 100% • Vitamin C 35%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: Healthy Living

Makes 4 servings (142 g/serving) • 1 serving = 1 cup

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