

## **Broccoli Apple Slaw**

**Prep Time:** 10 min

**Makes:** 6 servings

### **Ingredients:**

1/3 cup canola or light mayonnaise  
2 tablespoons apple cider vinegar  
1 ½ tablespoons horseradish (optional)  
1 teaspoons sugar  
½ teaspoons lemon juice  
¼ teaspoon salt  
2 cups julienned Macintosh apples (or any firm apple)  
¼ cup thinly sliced red onion  
1 (12 oz) pkg broccoli slaw



### **Directions:**

Whisk together mayonnaise, vinegar, horseradish, sugar, lemon rind, and salt in a large bowl. Add apple, onion, and broccoli slaw; toss to coat.

### **Nutrition Information:**

#### **Amount: 1 serving**

Calories: 66

Total Fat: 23.1 g

Saturated Fat

3.3 g

Cholesterol

2 mg

Sodium

214 mg

Total Carbohydrate

11 g

Dietary Fiber

2 g

Total Sugars

6 g

Added Sugars included

1 g

Protein

1 g

Vitamin D

0 mcg

Calcium

27 mg

Iron

0 mg

Potassium

202 mg

N/A - data is not available

Source:

<http://www.cookinglight.com/recipes/broccoli-apple-slaw>