

Purple Cabbage And Green Apple Salad

Yield: 1 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-green-apple-salad-recipe>

Ingredients:

- salad
- 2 cups purple cabbage chopped
- 1/2 cup shredded carrots 2 medium carrots
- 1/2 green apple sliced
- 1 tablespoon sunflower seeds can use raw or toasted, pumpkin seeds or chopped hazelnuts can be substituted
- 1 teaspoon chopped parsley optional
- dressing
- 1/4 cup extra-virgin olive oil
- 3 tablespoons apple cider vinegar
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 teaspoon honey or agave nectar, depends on how sweet you prefer your dressing
- 1/2 teaspoon chopped parsley optional

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 40 grams
3. Fat: 74 grams
4. Fiber: 8 grams
5. Protein: 5 grams
6. SaturatedFat: 11 grams
7. Sodium: 1290 milligrams
8. Sugar: 25 grams

Thank you for visiting our website. Hope you enjoy Purple Cabbage And Green Apple Salad above. You can see more 19 vietnamese green apple salad recipe Elevate your taste buds! to get more great cooking ideas.