

APPLE AND CABBAGE SLAW

Servings: 6

INGREDIENTS

Slaw:

- 1 ½ cups green cabbage (105 g), shredded
- 1 ½ cups iceberg lettuce (105 g), shredded
- 3 carrots (180 g), sliced into thin strips
- 1 apple (180 g), cored and cut into sticks
- ½ red onion (80 g), sliced lengthwise

Vinaigrette:

- 1 tbsp lime juice (15 mL)
- 2 tbsp olive oil (30 mL)
- 1 tsp ground cumin (5 mL)
- Salt and pepper to taste

PhenylAde® GMP MIX-IN/TYR Lophlex® GMP MIX-IN, 1 pouch added to an individual serving (see directions)

DIRECTIONS

1. Combine the cabbage with the lettuce, carrots, apple, onion, and toss.
2. Combine lime juice, olive oil, cumin, salt, and pepper and mix until uniform.
3. Toss the slaw with the vinaigrette to coat.
4. Separate your portion and add 1 pouch of **PhenylAde/TYR Lophlex GMP MIX-IN**. Toss until evenly distributed.

NUTRITION INFORMATION

Per recipe		Per serving	
Calories	490 kcal	Calories	82 kcal
Protein	5.7 g	Protein	1 g
Phenylalanine	210 mg	Phenylalanine	35 mg
Tyrosine	123 mg	Tyrosine	21 mg

Adding 1 pouch of **PhenylAde GMP MIX-IN** per serving will add 42 calories, 10 g PE and 15.3 mg of PHE.

Adding 1 pouch of **TYR Lophlex GMP MIX-IN** per serving will add 40 calories, 10 g PE, 18 mg of PHE and 3.5 mg of TYR.

The protein content indicated in the recipes are provided as a guide only. Please check the protein content on individual ingredients and food labels. Always consult your metabolic dietitian before making any changes to your low-protein diet.

PhenylAde GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision.

TYR Lophlex GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven tyrosinemia (TYR) and must be used under medical supervision.

Recipe and food photography by Akeela Jakhura

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