



Apple, Beet, and Cabbage Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 braeburn sweet red ()



0.3 cup juice of lemon



15 oz pickled beets sliced canned



4 cups cabbage shredded red finely (6 oz. total)



10 servings salt



2 teaspoons sugar

Equipment

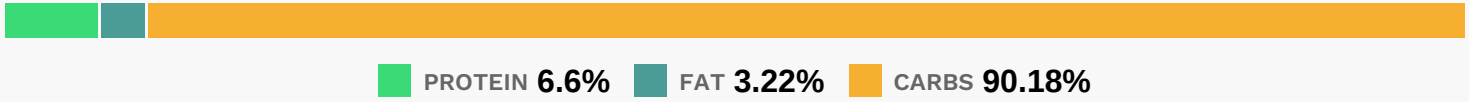


bowl

Directions

- ☐
- Drain the beets and cut into matchstick-size strips 2 to 3 inches long. Peel and core the apples.
- ☐
- Cut into 1/4-inch-thick slices, then into 1/4-inch-thick sticks 2 to 3 inches long.
- ☐
- In a bowl, mix beets, apples, cabbage, lemon juice, sugar, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:3.15, Inflammation Score:-5, Nutrition Score:5.5060869818148%

Flavonoids

Cyanidin: 75.56mg, Cyanidin: 75.56mg, Cyanidin: 75.56mg, Cyanidin: 75.56mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg, Epicatechin: 4.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 57.48kcal (2.87%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 11.73g (4.27%), Sugar: 10.39g (11.54%), Cholesterol: 0mg (0%), Sodium: 286.53mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin C: 27.52mg (33.36%), Vitamin K: 14.89µg (14.18%), Manganese: 0.23mg (11.46%), Fiber: 2.85g (11.39%), Vitamin A: 437.47IU (8.75%), Iron: 1.13mg (6.29%), Vitamin B6: 0.12mg (6.24%), Potassium: 216.3mg (6.18%), Folate: 21.58µg (5.39%), Magnesium: 16.15mg (4.04%), Vitamin B2: 0.06mg (3.36%), Calcium: 26.29mg (2.63%), Vitamin B1: 0.04mg (2.55%), Phosphorus: 24.57mg (2.46%), Copper: 0.05mg (2.37%), Vitamin B5: 0.16mg (1.63%), Vitamin B3: 0.27mg (1.36%), Zinc: 0.19mg (1.29%), Vitamin E: 0.16mg

(1.08%)