



Baja Cabbage Slaw

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

SIDE DISH

Ingredients

- 0.5 head cabbage green (5-inch diameter)
- 0.8 teaspoon juice of lime fresh
- 2 tablespoons mayonnaise light (not)
- 2 drops all the tabasco sauce you handle

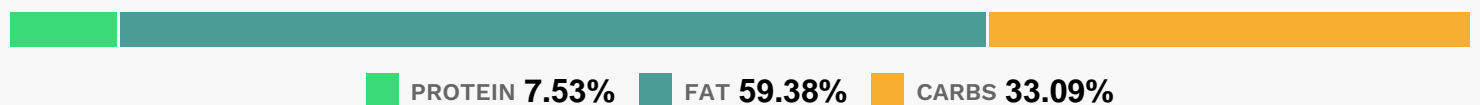
Equipment

- bowl
- knife
- mandoline

Directions

- Remove the outer leaves of the cabbage.
- Cut a V-shaped wedge around the tough inner core and remove the core and discard. Halve the cabbage to make 2 quarter sections. With a large, sharp knife, slice each section crosswise into a thin julienne (about 1/8 inch thick) or julienne with a hand-held Japanese mandoline.
- Transfer the julienned cabbage to a large bowl. In a bowl, mix together the mayonnaise, lime juice, and Tabasco. Toss the mayonnaise mixture with the cabbage, refrigerate, and use within a few hours.
- Taste
- Book, using the USDA Nutrition Database
- Tacos by Mark Miller with Benjamin Hargett and Jane Horn. Copyright © 2009 by Mark Miller with Benjamin Hargett and Jane Horn. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc. Mark Miller is the acclaimed chef-founder of Coyote Cafe in Santa Fe, New Mexico. He has started and owned thirteen different restaurants on three continents from 1979 to 200
- He is the author of ten books with nearly 1 million copies in print, including Tacos, The Great Chile Book, The Great Salsa Book, and Coyote Cafe. Mark currently works in International Culinary Consulting and lives in Santa Fe, New Mexico. Benjamin Hargett is a travel-loving chef who has cooked in Europe, the Caribbean, Mexico, and the United States, where he worked with Mark Miller at the Coyote Café for many years.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:4.866956508516%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 38.13kcal (1.91%), Fat: 2.68g (4.12%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.85g (2.05%), Cholesterol: 1.47mg (0.49%), Sodium: 39.06mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Vitamin K: 48.84µg (46.52%), Vitamin C: 21.1mg (25.57%), Folate: 24.64µg (6.16%), Fiber: 1.42g (5.69%), Manganese: 0.09mg (4.56%), Vitamin B6: 0.07mg (3.56%), Potassium: 98.08mg (2.8%), Vitamin B1: 0.04mg (2.34%), Calcium: 23.07mg (2.31%), Magnesium: 6.89mg (1.72%), Phosphorus: 15.58mg (1.56%), Iron: 0.28mg (1.53%), Vitamin B2: 0.02mg (1.39%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.13mg (1.27%), Vitamin A: 58.53IU (1.17%)