



## Beet and Cabbage Salads

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 large beets raw grated peeled
- 2 teaspoons dijon mustard
- 2 tablespoons mint leaves fresh chopped
- 6 cups cabbage green very thinly sliced
- 5 tablespoons safflower oil
- 2 tablespoons sherry vinegar
- 1 tablespoon soya sauce
- 1 tablespoon sugar

0.3 cup vinegar white

## Equipment

bowl

whisk

## Directions

Whisk vinegar and mustard in large bowl. Gradually whisk in oil, then mix in beets. Season with salt and pepper.

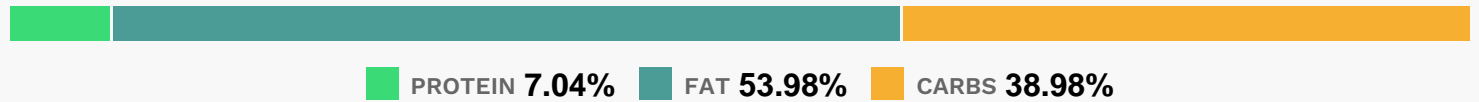
Whisk vinegar, soy sauce, and sugar in another large bowl. Gradually whisk in oil.

Mix in cabbage and mint. Season with salt and pepper.

Let salads stand 30 minutes and up to 2 hours at room temperature, tossing occasionally.

Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index: 34.39, Glycemic Load: 6.24, Inflammation Score: -5, Nutrition Score: 10.230434718339%

## Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 145.24kcal (7.26%), Fat: 9.04g (13.9%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 10.34g (3.76%), Sugar: 10.13g (11.26%), Cholesterol: 0mg (0%), Sodium: 229.31mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin K: 40.74µg (38.8%), Folate: 135.67µg (33.92%), Vitamin C: 24.63mg (29.86%), Manganese: 0.46mg (22.84%), Vitamin E: 3.11mg (20.72%), Fiber: 4.34g (17.36%), Potassium: 436.16mg (12.46%), Magnesium: 32.49mg (8.12%), Vitamin B6: 0.14mg (7.02%), Iron: 1.22mg (6.78%), Phosphorus: 60.26mg (6.03%), Copper: 0.1mg (4.78%), Vitamin B1: 0.07mg (4.56%), Calcium: 42.31mg (4.23%), Vitamin B2: 0.07mg (4.1%), Zinc: 0.49mg (3.23%), Vitamin B3: 0.58mg (2.9%), Vitamin B5: 0.29mg (2.86%), Vitamin

A: 139.1IU (2.78%), Selenium: 1.36µg (1.95%)