



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

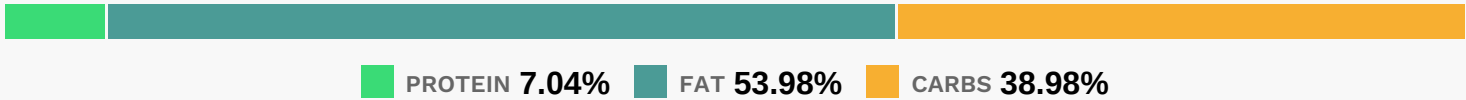
☐ bowl

☐ 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%)