



Cabbage and Cilantro Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 10 oz very cabbage shredded finely
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime
- ☐ 0.3 teaspoon chile flakes red
- ☐ 2 tablespoons vegetable oil

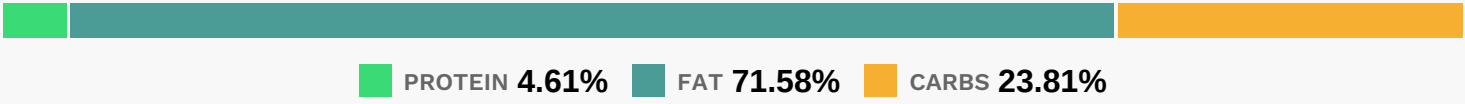
Equipment

- ☐ bowl

Directions

Put lime juice, vegetable oil, chile flakes, and kosher salt in a large bowl. Just before serving, toss with cabbage and cilantro.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:4.13, Inflammation Score:-8, Nutrition Score:19.168695636418%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 325.21kcal (16.26%), Fat: 27.61g (42.48%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 20.68g (6.89%), Net Carbohydrates: 13.09g (4.76%), Sugar: 9.91g (11.02%), Cholesterol: 0mg (0%), Sodium: 1225.32mg (53.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin K: 282.81µg (269.34%), Vitamin C: 118.7mg (143.88%), Folate: 129.85µg (32.46%), Fiber: 7.59g (30.36%), Manganese: 0.5mg (24.8%), Vitamin E: 3.07mg (20.49%), Vitamin B6: 0.39mg (19.35%), Potassium: 572.37mg (16.35%), Vitamin A: 808.47IU (16.17%), Vitamin B1: 0.19mg (12.6%), Calcium: 125.64mg (12.56%), Magnesium: 39.78mg (9.95%), Iron: 1.57mg (8.72%), Phosphorus: 84.07mg (8.41%), Vitamin B2: 0.13mg (7.85%), Vitamin B5: 0.69mg (6.91%), Vitamin B3: 0.84mg (4.22%), Copper: 0.08mg (4.2%), Zinc: 0.6mg (3.98%), Selenium: 1.05µg (1.5%)