



Cabbage and Green Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



80 kcal

SIDE DISH

Ingredients

- 1 tablespoon ginger fresh finely grated
- 4 small garlic cloves minced
- 1.5 pounds green beans split
- 2.5 pound cabbage shredded green finely
- 3 tablespoons olive oil light
- 0.3 teaspoon pepper freshly ground
- 0.8 teaspoon salt
- 1 tablespoon thyme leaves chopped

- 2 medium tomatoes cut into 1-inch dice
- 0.3 cup citrus champagne vinegar

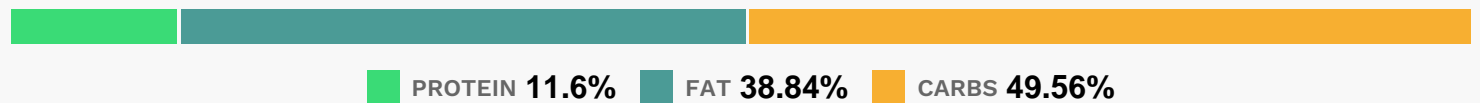
Equipment

- bowl
- sauce pan

Directions

- In a large saucepan of boiling salted water, cook the green beans until al dente, about 4 minutes.
- Drain and refresh the beans under cold running water, then pat dry.
- In a small bowl, combine the vinegar, garlic, olive oil, ginger, thyme, salt and pepper. In a large bowl, toss the cabbage with the tomatoes and green beans.
- Make Ahead: The green beans can be cooked and refrigerated for 1 day.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:12.893043440321%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 79.74kcal (3.99%), Fat: 3.78g (5.82%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 6.59g (2.4%), Sugar: 5.43g (6.04%), Cholesterol: 0mg (0%), Sodium: 167.69mg (7.29%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.54g (5.08%), Vitamin K: 100.01µg (95.25%), Vitamin C: 45.62mg (55.3%), Fiber: 4.26g (17.06%), Manganese: 0.33mg (16.69%), Folate: 62.78µg (15.7%), Vitamin A: 682.63IU (13.65%), Vitamin B6: 0.23mg (11.45%), Potassium: 342.06mg (9.77%), Vitamin B1: 0.11mg (7.61%), Magnesium: 29.54mg (7.39%), Iron: 1.26mg (7%), Vitamin E: 0.99mg (6.61%), Calcium: 65.8mg (6.58%), Vitamin B2: 0.1mg (6.16%), Phosphorus:

53.98mg (5.4%), Vitamin B3: 0.78mg (3.91%), Copper: 0.08mg (3.9%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.37mg (2.45%), Selenium: 0.77µg (1.1%)