



Cabbage-Pineapple-Ginger Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 lb cabbage cut into 1-inch cubes
- 6 large cloves garlic peeled thinly sliced
- 0.5 cup ginger thinly sliced
- 0.5 cup golden raisins
- 0.3 cup spring onion fresh chopped
- 3 cups pineapple fresh chopped
- 2 tablespoons rice vinegar
- 6 servings salt to taste

- 0.5 cup sesame oil
- 2 teaspoons sesame seed

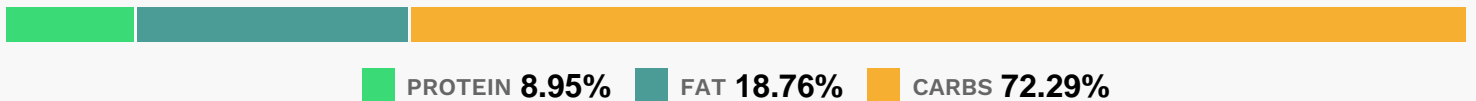
Equipment

- bowl
- sauce pan

Directions

- In large bowl, put chopped cabbage; set aside.
- In 1-quart saucepan, heat sesame oil over medium heat.
- Add gingerroot, and fry until golden brown.
- Transfer cooked ginger to small bowl.
- Add garlic to hot sesame oil. When garlic is starting to turn golden in color, add sesame seed, and cook until garlic and sesame seed are golden brown.
- Immediately pour hot sesame oil, garlic and sesame seed over cabbage.
- Add fried ginger, and stir to combine. Stir in pineapple, scallion, raisins and rice vinegar. Season with salt.
- Serve salad at room temperature.

Nutrition Facts



Properties

Glycemic Index:53.56, Glycemic Load:15.26, Inflammation Score:-8, Nutrition Score:21.741739065751%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 193.44kcal (9.67%), Fat: 4.47g (6.88%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 30.04g (10.93%), Sugar: 24.05g (26.72%), Cholesterol: 0mg (0%), Sodium: 246.31mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin K: 214.15µg (203.95%), Vitamin C: 139.04mg (168.54%), Manganese: 1.32mg (66.13%), Fiber: 8.7g (34.8%), Folate: 134.16µg (33.54%), Vitamin B6: 0.52mg (25.91%), Potassium: 693.71mg (19.82%), Vitamin B1: 0.24mg (16.26%), Calcium: 140.62mg (14.06%), Magnesium: 53.58mg (13.4%), Copper: 0.24mg (12.21%), Iron: 1.98mg (11%), Phosphorus: 103.06mg (10.31%), Vitamin B2: 0.17mg (9.85%), Vitamin B5: 0.79mg (7.92%), Vitamin A: 362.87IU (7.26%), Vitamin B3: 1.31mg (6.55%), Zinc: 0.75mg (5%), Vitamin E: 0.53mg (3.56%), Selenium: 1.73µg (2.48%)