



Cabbage Remoulade

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons capers
- ☐ 1 cup carrots shredded
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 6 cups cabbage shredded green
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons mayonnaise light
- ☐ 2 tablespoons onion fresh minced
- ☐ 1 teaspoon worcestershire sauce

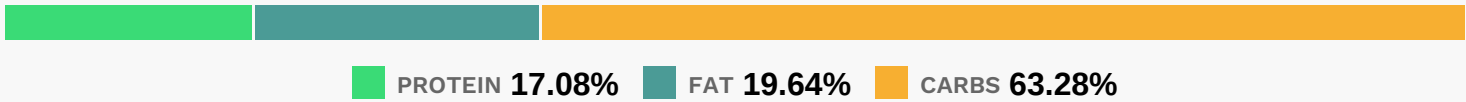
Equipment

☐ bowl

Directions

☐ Combine first 6 ingredients in a large bowl. Stir in cabbage and carrots; toss to coat.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:11.058260622232%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 52.36kcal (2.62%), Fat: 1.24g (1.9%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 6.43g (2.34%), Sugar: 5.31g (5.9%), Cholesterol: 1.15mg (0.38%), Sodium: 205.55mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin A: 3643.77IU (72.88%), Vitamin K: 59.57µg (56.73%), Vitamin C: 28.58mg (34.64%), Fiber: 2.54g (10.16%), Folate: 38.92µg (9.73%), Calcium: 79.54mg (7.95%), Manganese: 0.15mg (7.58%), Potassium: 257.82mg (7.37%), Vitamin B6: 0.13mg (6.66%), Phosphorus: 60.59mg (6.06%), Vitamin B2: 0.1mg (5.66%), Vitamin B1: 0.07mg (4.7%), Magnesium: 16.87mg (4.22%), Vitamin B5: 0.35mg (3.49%), Iron: 0.55mg (3.04%), Zinc: 0.4mg (2.67%), Vitamin E: 0.39mg (2.59%), Copper: 0.05mg (2.28%), Vitamin B3: 0.44mg (2.19%), Vitamin B12: 0.12µg (2.08%), Selenium: 1.16µg (1.66%)