



Cabbage Salad I



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 medium head cabbage chopped
- ☐ 2 carrots shredded
- ☐ 1 green onion chopped
- ☐ 0.5 cup mayonnaise
- ☐ 8 servings salt and pepper to taste

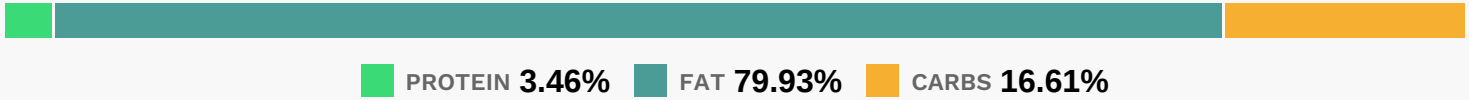
Equipment

- ☐ bowl

Directions

☐ In a large bowl, combine the cabbage, carrots, green onion and mayonnaise. Salt and pepper to taste, toss and serve.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:8.8008695620558%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 116.12kcal (5.81%), Fat: 10.57g (16.26%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.65g (2.95%), Cholesterol: 5.88mg (1.96%), Sodium: 303.67mg (13.2%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin K: 71.07µg (67.68%), Vitamin A: 2627.34IU (52.55%), Vitamin C: 21.95mg (26.61%), Fiber: 1.88g (7.54%), Folate: 28.96µg (7.24%), Manganese: 0.12mg (5.82%), Vitamin B6: 0.09mg (4.67%), Potassium: 152.26mg (4.35%), Vitamin E: 0.65mg (4.35%), Vitamin B1: 0.05mg (3.13%), Calcium: 30.05mg (3.01%), Phosphorus: 23.59mg (2.36%), Magnesium: 9.09mg (2.27%), Vitamin B2: 0.04mg (2.08%), Iron: 0.37mg (2.03%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.29mg (1.45%), Zinc: 0.17mg (1.11%), Copper: 0.02mg (1.09%)