Cabbage Salad with Lemon-Garlic Dressing

Vegetarian · Vegan · Gluten Free · Dairy Free

READY IN	SERVINGS	CALORIES
20 min.	6	80 kcal

SIDE DISH · ANTIPASTI · STARTER · SNACK

Ingredients

- [ ] 1 head cabbage shredded cored
- [ ] 1 tablespoon cilantro leaves fresh chopped
- [ ] 1 teaspoon garlic powder
- [ ] 2 teaspoons juice of lemon
- [ ] 0.1 cup olive oil

Equipment

- [ ] bowl

Directions

- [ ] Place the shredded cabbage in a large bowl, and drizzle olive oil over it. Toss until evenly coated. Season with garlic powder, lemon juice and cilantro, and stir to blend in all of the flavors.

Nutrition Facts

PROTEIN **9.31%** FAT **48.16%** CARBS **42.53%**

Properties

Glycemic Index:13.5, Glycemic Load:2.21, Inflammation Score:-5, Nutrition Score:12.043478149435%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 79.65kcal (3.98%), Fat: 4.66g (7.17%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 5.42g (1.97%), Sugar: 4.9g (5.44%), Cholesterol: 0mg (0%), Sodium: 27.68mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin K: 117.93µg (112.32%), Vitamin C: 56.06mg (67.95%), Folate: 65.68µg (16.42%), Fiber: 3.84g (15.34%), Manganese: 0.25mg (12.38%), Vitamin B6: 0.2mg (9.84%), Potassium: 265.34mg (7.58%), Vitamin B1: 0.09mg (6.33%), Calcium: 61.12mg (6.11%), Vitamin E: 0.88mg (5.88%), Magnesium: 18.66mg (4.67%), Iron: 0.77mg (4.26%), Phosphorus: 41.58mg (4.16%), Vitamin B2: 0.06mg (3.62%), Vitamin B5: 0.33mg (3.27%), Vitamin A: 152.91IU (3.06%), Zinc: 0.29mg (1.92%), Vitamin B3: 0.36mg (1.8%), Copper: 0.03mg (1.59%)