



HEALTH SCORE

57%

Cabbage Salad with Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1.5 teaspoons dijon mustard



3 cup flat-leafed parsley leaves fresh packed



5 tablespoons olive oil extra-virgin



0.5 pound cabbage red



2.5 tablespoons red-wine vinegar



0.8 teaspoon salt



0.5 pound a 1 piece white green

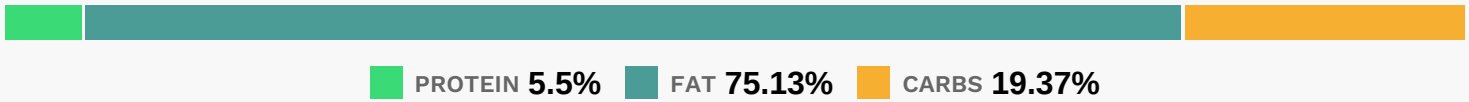
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cut cabbage into thin shreds and chop parsley. In a small bowl whisk together mustard, vinegar, and salt until combined.
- ☐ Whisk in oil in a slow stream, whisking until emulsified.
- ☐ In a large bowl toss together cabbage, parsley, vinaigrette, and salt and pepper to taste until combined. Chill salad, covered, at least 30 minutes and up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:16.386086925216%

Flavonoids

Cyanidin: 79.31mg, Cyanidin: 79.31mg, Cyanidin: 79.31mg, Cyanidin: 79.31mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 65.73mg, Apigenin: 65.73mg, Apigenin: 65.73mg, Apigenin: 65.73mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 4.6mg, Myricetin: 4.6mg, Myricetin: 4.6mg, Myricetin: 4.6mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 137.22kcal (6.86%), Fat: 12.05g (18.54%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 4.19g (1.52%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 339.24mg (14.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin K: 550.02µg (523.83%), Vitamin C: 75.95mg (92.06%), Vitamin A: 3027.09IU (60.54%), Folate: 69.47µg (17.37%), Iron: 2.49mg (13.81%), Vitamin E: 2.01mg (13.41%), Fiber: 2.8g (11.19%), Manganese: 0.21mg (10.5%), Potassium: 329.44mg (9.41%), Vitamin B6: 0.15mg (7.71%), Calcium: 75.65mg (7.56%), Magnesium: 26.68mg (6.67%), Vitamin B1: 0.08mg (5.05%), Vitamin B2: 0.07mg (4.23%), Phosphorus: 40.69mg (4.07%), Vitamin B3: 0.65mg (3.26%), Zinc: 0.49mg (3.25%), Copper: 0.06mg (3.04%), Vitamin B5: 0.26mg (2.61%), Selenium: 0.8µg (1.14%)