



Cabbage Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients

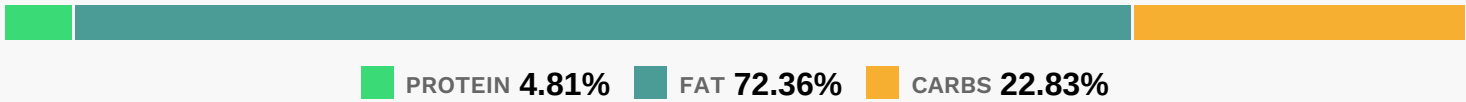
- ☐ 4 cups cabbage shredded
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 cup diagonally cut green onions
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups radishes thinly sliced
- ☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ Combine first 5 ingredients; toss.
- ☐ Sprinkle with mint, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:6.9030434800231%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 83.97kcal (4.2%), Fat: 7.14g (10.99%), Saturated Fat: 1g (6.28%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 2.98g (1.09%), Sugar: 2.36g (2.62%), Cholesterol: 0mg (0%), Sodium: 215.82mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin K: 57.37µg (54.64%), Vitamin C: 25.73mg (31.19%), Folate: 36.59µg (9.15%), Fiber: 2.09g (8.34%), Vitamin E: 1.16mg (7.71%), Manganese: 0.14mg (7.01%), Potassium: 191.07mg (5.46%), Vitamin A: 272.02IU (5.44%), Vitamin B6: 0.09mg (4.56%), Calcium: 38.6mg (3.86%), Iron: 0.62mg (3.44%), Magnesium: 12.6mg (3.15%), Vitamin B1: 0.04mg (2.67%), Vitamin B2: 0.04mg (2.64%), Phosphorus: 23.49mg (2.35%), Copper: 0.04mg (1.99%), Vitamin B5: 0.17mg (1.68%), Zinc: 0.23mg (1.54%), Vitamin B3: 0.28mg (1.41%)