



Cabbage with Mango Slaw Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



81 kcal

SIDE DISH

Ingredients

- 1 tablespoon canola oil
- 3 tablespoons cashew pieces toasted chopped
- 5 cups cabbage green thinly sliced
- 0.3 cup green onions thinly sliced
- 1 tablespoon juice of lime fresh
- 0.5 cup mangos chopped
- 0.5 cup mangos diced
- 0.3 teaspoon salt

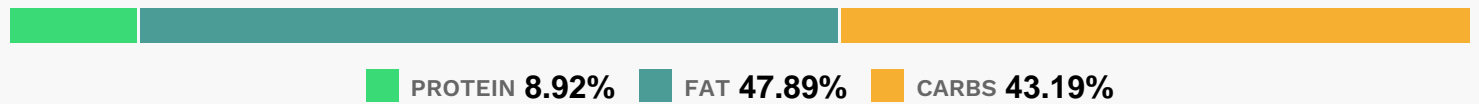
Equipment

- food processor
- bowl

Directions

- Combine chopped mango, canola oil, lime juice, and salt in a mini food processor; process until smooth.
- Place cabbage, diced mango, and green onions in a large bowl, tossing to combine.
- Drizzle cabbage mixture with pureed mango mixture; toss to coat.
- Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:34.12, Glycemic Load:3.16, Inflammation Score:-5, Nutrition Score:8.3217391242152%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 81.32kcal (4.07%), Fat: 4.7g (7.23%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 7.35g (2.67%), Sugar: 6.07g (6.74%), Cholesterol: 0mg (0%), Sodium: 108.99mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin K: 57.5µg (54.76%), Vitamin C: 32.92mg (39.9%), Folate: 41.08µg (10.27%), Manganese: 0.2mg (10.04%), Fiber: 2.18g (8.73%), Vitamin A: 397.51IU (7.95%), Copper: 0.16mg (7.78%), Vitamin B6: 0.13mg (6.47%), Magnesium: 25.39mg (6.35%), Potassium: 192.81mg (5.51%), Vitamin E:

0.82mg (5.44%), Phosphorus: 50.56mg (5.06%), Vitamin B1: 0.07mg (4.49%), Iron: 0.72mg (3.98%), Calcium: 31.62mg (3.16%), Zinc: 0.44mg (2.92%), Vitamin B2: 0.04mg (2.38%), Vitamin B5: 0.23mg (2.27%), Vitamin B3: 0.4mg (1.99%), Selenium: 1.36µg (1.95%)