



HEALTH SCORE

100%

Carrot and Cabbage Salad With Coriander+cumin Dry Rub

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



25 min.

SERVINGS



1

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups carrots
- 0.5 tsp cumin seeds
- 1 bunch cilantro leaves fresh
- 0.8 cup cabbage green
- 0.5 tsp ground coriander
- 1 juice of lime
- 1 teaspoon olive oil

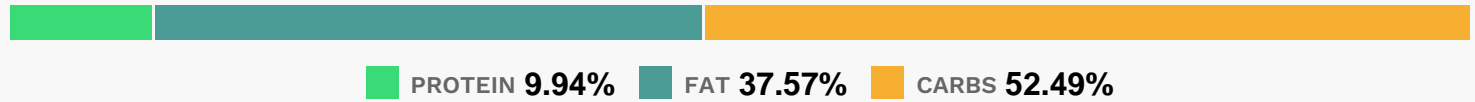
- 0.8 cup cabbage red
- 2 teaspoons sunflower seeds

Equipment

Directions

- Chop up the carrots and the cabbage into slivers of roughly the same size.
- Add the ground coriander, cumin seed, lime juice, and olive oil and massage it into the veggies.
- Add the fresh coriander and sunflower seeds on top. Leave aside for a couple of hours for the spices to seep into the veggies for added flavor.

Nutrition Facts



Properties

Glycemic Index:179.83, Glycemic Load:8.25, Inflammation Score:-10, Nutrition Score:29.21347826087%

Flavonoids

Cyanidin: 140.06mg, Cyanidin: 140.06mg, Cyanidin: 140.06mg, Cyanidin: 140.06mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Taste

Sweetness: 100%, Saltiness: 99.7%, Sourness: 42.14%, Bitterness: 92.83%, Savoriness: 34.41%, Fattiness: 40.33%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 222.26kcal (11.11%), Fat: 10.22g (15.73%), Saturated Fat: 1.12g (7%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 22.36g (8.13%), Sugar: 14.2g (15.78%), Cholesterol: 0mg (0%), Sodium: 167.29mg (7.27%), Protein: 6.08g (12.17%), Vitamin A: 33445.07IU (668.9%), Vitamin K: 118.19µg (112.56%), Vitamin C: 80.16mg (97.16%),

Manganese: 0.81mg (40.37%), Fiber: 9.78g (39.13%), Vitamin E: 5.81mg (38.76%), Vitamin B6: 0.63mg (31.6%), Potassium: 1037.35mg (29.64%), Folate: 101.84µg (25.46%), Vitamin B1: 0.37mg (24.74%), Magnesium: 83.81mg (20.95%), Phosphorus: 183.84mg (18.38%), Vitamin B3: 3.32mg (16.61%), Copper: 0.33mg (16.59%), Iron: 2.92mg (16.2%), Calcium: 147.95mg (14.8%), Vitamin B2: 0.24mg (13.97%), Vitamin B5: 0.93mg (9.29%), Selenium: 6.44µg (9.2%), Zinc: 1.36mg (9.06%)