



Champagne Cabbage Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.7 lb cabbage shredded finely



2 tablespoons champagne vinegar



3 tablespoons chives fresh finely chopped (1 bunch)



0.8 teaspoons salt

Equipment

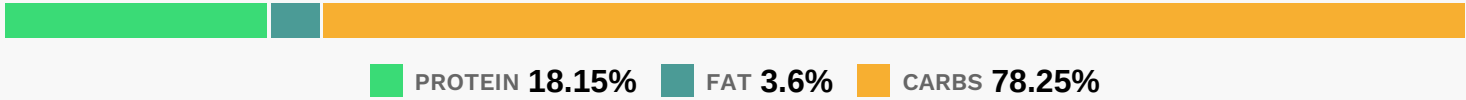


bowl

Directions

☐ In a large bowl, mix 1 1/2 qts. finely shredded green cabbage (about 2/3 lb.) with 3/4 tsp. salt; let sit 30 minutes. Toss with 3 tbsp. finely chopped chives and 2 tbsp. Champagne vinegar.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:1.49, Inflammation Score:-4, Nutrition Score:8.762608749711%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 28kcal (1.4%), Fat: 0.12g (0.19%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 6g (2%), Net Carbohydrates: 3.41g (1.24%), Sugar: 3.28g (3.65%), Cholesterol: 0mg (0%), Sodium: 600.4mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin K: 83µg (79.04%), Vitamin C: 38.69mg (46.89%), Folate: 46.49µg (11.62%), Fiber: 2.6g (10.38%), Manganese: 0.18mg (8.93%), Vitamin B6: 0.13mg (6.46%), Potassium: 184.26mg (5.26%), Vitamin A: 229.37IU (4.59%), Calcium: 44.04mg (4.4%), Vitamin B1: 0.06mg (4.26%), Magnesium: 13.77mg (3.44%), Iron: 0.57mg (3.18%), Phosphorus: 28.75mg (2.87%), Vitamin B2: 0.04mg (2.57%), Vitamin B5: 0.22mg (2.23%), Zinc: 0.2mg (1.35%), Vitamin B3: 0.26mg (1.28%), Copper: 0.03mg (1.27%), Vitamin E: 0.16mg (1.05%)