



Corn and Red Cabbage Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 2 cups regular corn frozen canned thawed drained
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 teaspoons olive oil
- ☐ 1 cup cabbage red sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

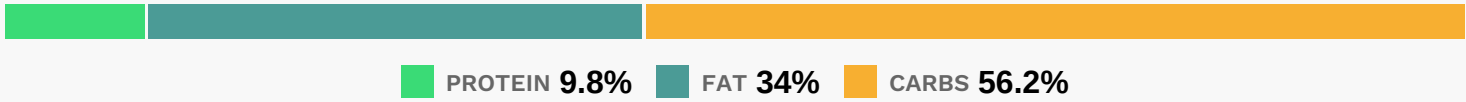
Equipment

bowl

Directions

Combine all ingredients in a large bowl and toss to combine.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.41, Inflammation Score:-5, Nutrition Score:5.0730434286854%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 82.54kcal (4.13%), Fat: 3.13g (4.81%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 11.07g (4.02%), Sugar: 0.87g (0.97%), Cholesterol: 0mg (0%), Sodium: 420.73mg (18.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin K: 42.71µg (40.67%), Vitamin C: 16.66mg (20.19%), Vitamin A: 417.47IU (8.35%), Folate: 28.82µg (7.2%), Manganese: 0.12mg (5.97%), Potassium: 156.81mg (4.48%), Phosphorus: 39.38mg (3.94%), Vitamin B3: 0.71mg (3.53%), Magnesium: 13.33mg (3.33%), Iron: 0.53mg (2.93%), Vitamin B6: 0.05mg (2.43%), Fiber: 0.56g (2.26%), Vitamin E: 0.33mg (2.19%), Zinc: 0.28mg (1.9%), Vitamin B1: 0.03mg (1.82%), Vitamin B2: 0.03mg (1.69%), Copper: 0.03mg (1.63%), Calcium: 15.48mg (1.55%)