



Creamy Shredded Cabbage Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups very thinly pre cabbage green
- ☐ 1 tablespoon cider vinegar
- ☐ 3 tablespoons nonfat mayonnaise
- ☐ 0.3 cup onion chopped
- ☐ 1 Dash pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

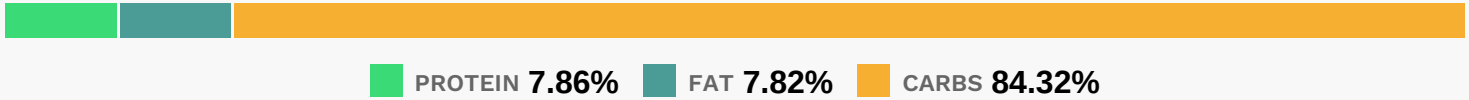
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine cabbage and onion in a bowl.
- ☐ Combine sugar, mayonnaise, vinegar, salt, and pepper in a small bowl; stir well with a wire whisk.
- ☐ Pour dressing over cabbage mixture, and toss well. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:106.55, Glycemic Load:6.16, Inflammation Score:-4, Nutrition Score:9.3499998787175%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 76.69kcal (3.83%), Fat: 0.71g (1.1%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 13.91g (5.06%), Sugar: 12.39g (13.77%), Cholesterol: 1.89mg (0.63%), Sodium: 476.31mg (20.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.22%), Vitamin K: 85.15µg (81.09%), Vitamin C: 39.91mg (48.38%), Fiber: 3.38g (13.51%), Folate: 48.96µg (12.24%), Manganese: 0.22mg (11.22%), Vitamin B6: 0.15mg (7.72%), Potassium: 224.31mg (6.41%), Vitamin B1: 0.07mg (4.89%), Calcium: 48.85mg (4.88%), Magnesium: 15.49mg (3.87%), Phosphorus: 34.83mg (3.48%), Iron: 0.59mg (3.26%), Vitamin B2: 0.05mg (3.03%), Vitamin B5: 0.25mg (2.48%), Vitamin A: 103.57IU (2.07%), Copper: 0.03mg (1.69%), Zinc: 0.24mg (1.59%), Vitamin B3: 0.27mg (1.35%), Vitamin E: 0.17mg (1.14%)