



Curtido (Cabbage Salad)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup carrots shredded
- 0.3 cup heinz distilled vinegar white
- 1 cup green beans fresh cooked cut (1-inch pieces)
- 2 cups cabbage shredded green
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 cup onions separated thinly sliced
- 0.5 tsp oregano leaves dried
- 1 medium bell pepper red cut into 1-inch-wide strips

2 cups cabbage shredded red

1 tsp salt

Equipment

bowl

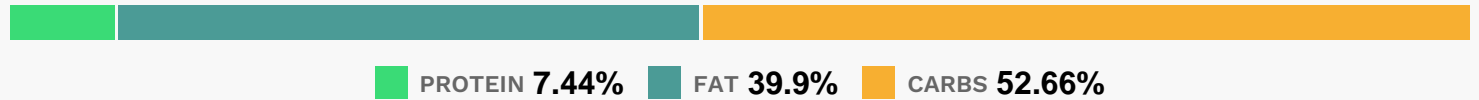
Directions

Mix dressing, vinegar, salt and oregano in large bowl until well blended.

Add remaining ingredients; toss to coat. Cover.

Refrigerate several hours before serving.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:5.5652174768241%

Flavonoids

Cyanidin: 24.9mg, Cyanidin: 24.9mg, Cyanidin: 24.9mg, Cyanidin: 24.9mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 37.84kcal (1.89%), Fat: 1.75g (2.7%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 3.92g (1.42%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 244.87mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin A: 1870.2IU (37.4%), Vitamin C: 22.55mg (27.34%), Vitamin K: 21.1µg (20.09%), Fiber: 1.29g (5.17%), Manganese: 0.1mg (5.13%), Vitamin B6: 0.1mg (5%), Folate: 16.01µg (4%), Potassium: 127.25mg (3.64%), Vitamin E: 0.42mg (2.82%), Vitamin B1: 0.04mg (2.39%), Magnesium: 8.49mg (2.12%), Vitamin B2: 0.03mg (2.03%), Calcium: 19.94mg (1.99%), Iron: 0.34mg (1.9%), Phosphorus: 18.35mg (1.83%), Vitamin B3: 0.31mg (1.56%), Vitamin B5: 0.12mg (1.16%), Copper: 0.02mg (1.02%)