



HEALTH SCORE

66%

Dagmar's detox salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 350 g cabbage shredded red
- ☐ 3 carrots grated
- ☐ 20 g parsley roughly chopped
- ☐ 2 apples cored sliced quartered
- ☐ 1 handful celery stalks sliced
- ☐ 3 tbsp pinenuts toasted
- ☐ 1 tbsp pumpkin seeds
- ☐ 2 tbsp sunflower seeds

- ☐ 2 tsp ginger grated
- ☐ 1 tsp clear honey
- ☐ 2 tbsp juice of lemon
- ☐ 4 tbsp olive oil light

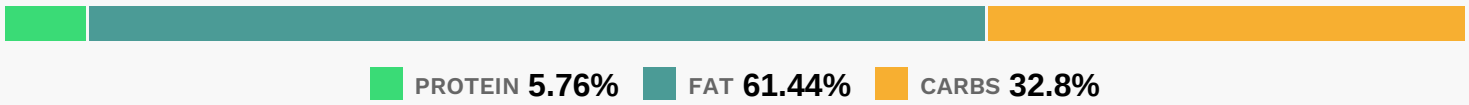
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Prepare all the ingredients for the salad and mix them in a large bowl.
- ☐ Put all the dressing ingredients into a small bowl. Season and whisk until slightly thickened.
- ☐ Pour over the salad and toss until evenly coated.

Nutrition Facts



Properties

Glycemic Index:68.03, Glycemic Load:7.2, Inflammation Score:-10, Nutrition Score:24.790869546973%

Flavonoids

Cyanidin: 185.03mg, Cyanidin: 185.03mg, Cyanidin: 185.03mg, Cyanidin: 185.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.85mg, Apigenin: 10.85mg, Apigenin: 10.85mg, Apigenin: 10.85mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 320.22kcal (16.01%), Fat: 23.4g (36%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 21.73g (7.9%), Sugar: 17.11g (19.01%), Cholesterol: 0mg (0%), Sodium: 60.43mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Vitamin A: 9096.48IU (181.93%), Vitamin K: 136.19µg (129.71%), Vitamin C: 66.56mg (80.67%), Manganese: 1.19mg (59.7%), Vitamin E: 5.14mg (34.29%), Fiber: 6.38g (25.5%), Magnesium: 77.36mg (19.34%), Vitamin B6: 0.37mg (18.57%), Potassium: 594.92mg (17%), Phosphorus: 163.19mg (16.32%), Copper: 0.29mg (14.71%), Vitamin B1: 0.22mg (14.41%), Folate: 51.86µg (12.96%), Iron: 2.25mg (12.51%), Vitamin B3: 1.85mg (9.26%), Vitamin B2: 0.16mg (9.2%), Zinc: 1.33mg (8.88%), Calcium: 74.04mg (7.4%), Selenium: 3.54µg (5.06%), Vitamin B5: 0.44mg (4.41%)