



Ensalada de Repollo (Cabbage Salad)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 7 cups cabbage shredded
- ☐ 3 celery stalks chopped
- ☐ 1 medium cucumber chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion chopped

- ☐ 3 plum tomatoes chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 0.8 teaspoon salt

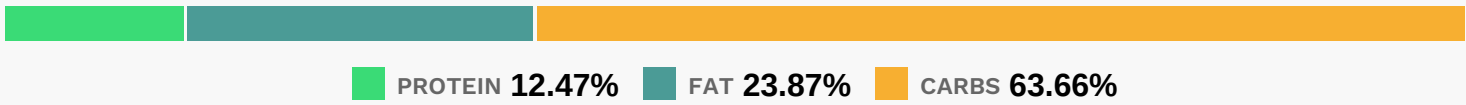
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Combine the lime juice, oil, salt, and black pepper, stirring with a whisk.
- ☐ Drizzle lime mixture over cabbage mixture; toss gently to coat.
- ☐ Let salad stand 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:9.4278260054796%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 40.57kcal (2.03%), Fat: 1.22g (1.88%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 4.78g (1.74%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 233.26mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin C: 53.07mg (64.32%), Vitamin K: 53.87µg (51.3%), Vitamin A: 899.63IU (17.99%), Folate: 44.48µg (11.12%), Fiber: 2.55g (10.19%), Manganese: 0.18mg (9.19%), Vitamin

B6: 0.17mg (8.62%), Potassium: 256.23mg (7.32%), Vitamin E: 0.7mg (4.65%), Vitamin B1: 0.07mg (4.58%),
Magnesium: 16.67mg (4.17%), Calcium: 35.21mg (3.52%), Phosphorus: 34.83mg (3.48%), Vitamin B2: 0.06mg
(3.25%), Iron: 0.53mg (2.94%), Vitamin B5: 0.29mg (2.93%), Copper: 0.05mg (2.65%), Vitamin B3: 0.5mg (2.5%),
Zinc: 0.26mg (1.73%)