



Ensalada de Repollo con Tomate (Cabbage and Tomato Salad)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 0.5 head cabbage shredded green finely
- ☐ 0.3 teaspoon ground cumin
- ☐ 5 juice of lime
- ☐ 1 onion red thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 1 teaspoon sugar

- ☐ 4 tomatoes thinly sliced
- ☐ 0.3 cup vinegar white

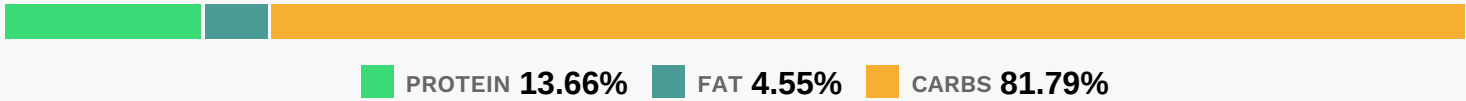
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To make the dressing, in a small bowl, whisk together the vinegar, lime juice, sugar, salt and pepper. Taste and adjust the seasonings.In a large bowl, combine the cabbage, onion, cilantro and tomatoes. Toss thoroughly to distribute the ingredients evenly.
- ☐ Add the dressing and mix well.Cover and refrigerate for about 2 hours to let the flavors develop.

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:2.79, Inflammation Score:-7, Nutrition Score:10.580869552882%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 2.24mg, Hesperetin: 2.24mg, Hesperetin: 2.24mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 52.21kcal (2.61%), Fat: 0.3g (0.46%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 8.81g (3.2%), Sugar: 6.45g (7.17%), Cholesterol: 0mg (0%), Sodium: 213.41mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin K: 66.28µg (63.12%), Vitamin C: 47.97mg (58.15%), Vitamin A: 816.13IU (16.32%), Fiber: 3.31g (13.26%), Folate: 51.24µg (12.81%), Manganese: 0.25mg (12.73%), Potassium: 384.22mg (10.98%), Vitamin B6: 0.19mg (9.61%), Vitamin B1: 0.09mg (6.14%), Magnesium: 22.52mg

(5.63%), Phosphorus: 49.33mg (4.93%), Calcium: 48.17mg (4.82%), Vitamin E: 0.63mg (4.23%), Copper: 0.08mg (3.99%), Iron: 0.71mg (3.95%), Vitamin B3: 0.73mg (3.66%), Vitamin B2: 0.06mg (3.3%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.34mg (2.24%)