



HEALTH SCORE

70%

Escabèche



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

Ingredients



1 cup strips bell pepper red (3-inch)



0.3 teaspoon pepper black



1 cup julienne-cut carrot peeled (3-inch)



1 cup cilantro leaves fresh coarsely chopped



2 garlic cloves minced



5 cups cabbage green coarsely chopped



2 tablespoons green onions thinly sliced



1 jalapeno minced seeded

- ☐ 1 cup julienne-cut jicama peeled (3-inch)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup radishes thinly sliced
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 teaspoon sugar
- ☐ 12 cups water

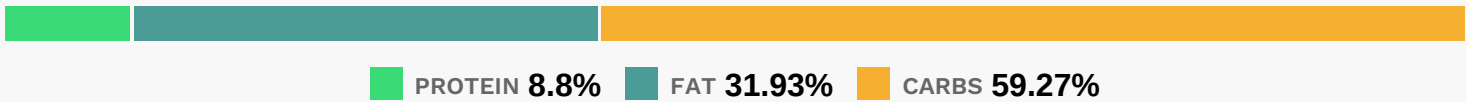
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Combine first 7 ingredients in a small bowl, stirring with a whisk.
- ☐ Bring 12 cups water to a boil in a stockpot.
- ☐ Add cabbage; cook 5 minutes or until tender.
- ☐ Drain and plunge cabbage into ice water; drain.
- ☐ Place cabbage in a large bowl.
- ☐ Add jicama and remaining ingredients.
- ☐ Drizzle with juice mixture; toss well to coat. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:66.32, Glycemic Load:2.4, Inflammation Score:-10, Nutrition Score:15.129565150841%

Flavonoids

Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 66.83kcal (3.34%), Fat: 2.6g (4%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 6.86g (2.5%), Sugar: 5.2g (5.77%), Cholesterol: 0mg (0%), Sodium: 152.1mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin A: 4629.84IU (92.6%), Vitamin C: 67.84mg (82.22%), Vitamin K: 62.91µg (59.92%), Fiber: 4.01g (16.03%), Folate: 50.41µg (12.6%), Vitamin B6: 0.22mg (11%), Manganese: 0.21mg (10.74%), Potassium: 308.19mg (8.81%), Vitamin E: 1.23mg (8.23%), Copper: 0.13mg (6.44%), Magnesium: 22.96mg (5.74%), Calcium: 56.9mg (5.69%), Vitamin B1: 0.08mg (5.1%), Vitamin B2: 0.08mg (4.47%), Iron: 0.73mg (4.04%), Phosphorus: 39.38mg (3.94%), Vitamin B3: 0.74mg (3.68%), Vitamin B5: 0.34mg (3.45%), Zinc: 0.36mg (2.4%)