

Festive red salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cabbage red
- ☐ 2 small onion diced red
- ☐ 2 apples diced red cored
- ☐ 250 g beets diced cooked
- ☐ 50 g walnuts roughly chopped
- ☐ 2 large cranberry-orange relish
- ☐ 5 tbsp red wine vinegar
- ☐ 3 tbsp jam

- ☐ 2 tbsp clear honey
- ☐ 2 tbsp olive oil

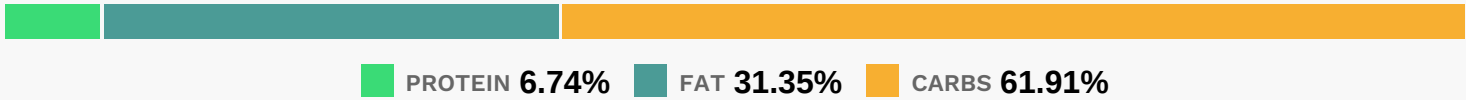
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ serrated knife

Directions

- ☐ Quarter the cabbage, then cut out the white core at the bottom and discard. Finely shred the cabbage and tip into a large mixing bowl with the onions, apples, beetroot and walnuts. Finely grate over the zest from the oranges.
- ☐ Cut a little from the top and bottom of each orange, so they sit flat on your work surface. Use a small, serrated knife to cut away the peel and pith in strips down the orange. Holding each orange over a bowl, cut away the segments, letting them and any juice drop into the bowl. Squeeze any juice left in the membranes into the bowl, too. Fish out the segments, roughly chop and add to the salad.
- ☐ Whisk the red wine vinegar, redcurrant jelly, honey and oil into the orange juice with some seasoning, then stir into the salad. Will keep for 3–4 days in the fridge.

Nutrition Facts



Properties

Glycemic Index:27.06, Glycemic Load:8.22, Inflammation Score:-8, Nutrition Score:10.887825846672%

Flavonoids

Cyanidin: 147.3mg, Cyanidin: 147.3mg, Cyanidin: 147.3mg, Cyanidin: 147.3mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg,

Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg, Hesperetin: 8.36mg Naringenin: 4.7mg, Naringenin: 4.7mg, Naringenin: 4.7mg, Naringenin: 4.7mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 141.75kcal (7.09%), Fat: 5.31g (8.17%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 19.41g (7.06%), Sugar: 16.29g (18.1%), Cholesterol: 0mg (0%), Sodium: 38.53mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin C: 60.48mg (73.31%), Vitamin K: 29.01µg (27.63%), Manganese: 0.43mg (21.51%), Vitamin A: 873.72IU (17.47%), Fiber: 4.17g (16.67%), Folate: 53.59µg (13.4%), Vitamin B6: 0.24mg (11.86%), Potassium: 378.83mg (10.82%), Magnesium: 29.5mg (7.37%), Vitamin B1: 0.11mg (7.1%), Copper: 0.13mg (6.49%), Calcium: 58.79mg (5.88%), Phosphorus: 58.26mg (5.83%), Iron: 1.03mg (5.74%), Vitamin B2: 0.09mg (5.47%), Vitamin E: 0.57mg (3.8%), Zinc: 0.43mg (2.89%), Vitamin B5: 0.28mg (2.8%), Vitamin B3: 0.55mg (2.75%), Selenium: 1.14µg (1.63%)