



Flu Prevention and Cultured Veggies



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1 medium apples
- ☐ 0.5 head cabbage
- ☐ 1 clove garlic minced ()
- ☐ 1 medium jicama
- ☐ 1 small onion
- ☐ 1 large orange zest juiced (zested and)
- ☐ 1.5 teaspoons unrefined sea salt
- ☐ 2 handfuls pkt spinach fresh

☐

 1 package vegetable starter culture fresh (or)

Equipment

☐

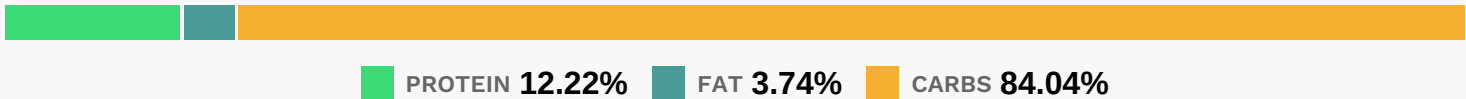
 bowl

Directions

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 Shred or chop the first six ingredients and place in a bowl and sprinkle with salt. You can also layer it in the jar instead of mixing.Firmly pack the mixture into 2 quart glass canning jars or a half gallon vessel, leaving an inch or two for the cabbage to expand when it ferments.Then add the orange zest juice, and culture, and cover with water, leaving an inch or two at the top. Seal jar tightly and let sit on the counter for 6 days and then place in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:7.8, Inflammation Score:-10, Nutrition Score:25.716956594716%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 174.56kcal (8.73%), Fat: 0.79g (1.22%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 24.32g (8.84%), Sugar: 12.14g (13.49%), Cholesterol: 0mg (0%), Sodium: 945.67mg (41.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Vitamin K: 160.29µg (152.66%), Vitamin C: 94.12mg (114.09%), Vitamin A: 5195.34IU (103.91%), Fiber: 15.8g (63.21%), Manganese: 0.64mg (32.08%), Folate: 123.88µg (30.97%), Potassium: 758.08mg (21.66%), Vitamin B6: 0.36mg (18.08%), Magnesium: 67.18mg (16.79%),

Iron: 2.74mg (15.21%), Vitamin B1: 0.22mg (14.76%), Phosphorus: 120.26mg (12.03%), Vitamin B2: 0.2mg (11.88%), Calcium: 111.25mg (11.13%), Copper: 0.21mg (10.55%), Vitamin E: 1.33mg (8.84%), Vitamin B3: 1.69mg (8.43%), Vitamin B5: 0.66mg (6.57%), Zinc: 0.93mg (6.22%), Selenium: 2.15µg (3.08%)