



## Italian Cabbage Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 7 tablespoons canola oil
- 0.5 head cabbage green thinly sliced
- 0.5 teaspoon ground pepper black
- 2 tablespoons juice of lemon
- 0.5 onion red thinly sliced
- 1 teaspoon salt
- 2 tablespoons tarragon vinegar
- 1 teaspoon sugar white

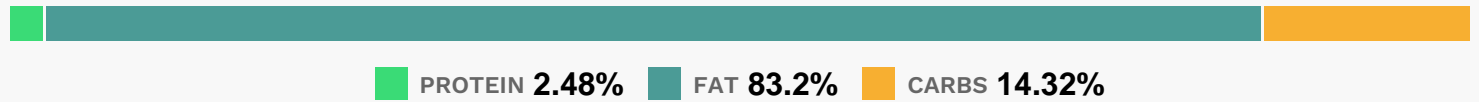
# Equipment

- bowl
- whisk

# Directions

- Whisk oil, vinegar, lemon juice, sugar, salt, and pepper together until emulsified.
- Toss cabbage and red onion together in a salad bowl.
- Drizzle dressing over the salad; toss to coat.
- Refrigerate salad 1 hour before serving.

# Nutrition Facts



# Properties

Glycemic Index:55.77, Glycemic Load:2.66, Inflammation Score:-4, Nutrition Score:11.774347852106%

# Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

# Nutrients (% of daily need)

Calories: 258.02kcal (12.9%), Fat: 24.66g (37.93%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 6.39g (2.32%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 602.65mg (26.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Vitamin K: 104.19µg (99.23%), Vitamin C: 45.46mg (55.1%), Vitamin E: 4.47mg (29.83%), Folate: 52.96µg (13.24%), Fiber: 3.16g (12.63%), Manganese: 0.24mg (11.9%), Vitamin B6: 0.16mg (8.07%), Potassium: 224.37mg (6.41%), Vitamin B1: 0.08mg (5.18%), Calcium: 50.97mg (5.1%), Magnesium: 15.97mg (3.99%), Phosphorus: 34.81mg (3.48%), Iron: 0.6mg (3.34%), Vitamin B2: 0.05mg (2.99%), Vitamin B5: 0.27mg (2.71%), Vitamin A: 113.32IU (2.27%), Copper: 0.03mg (1.62%), Zinc: 0.24mg (1.58%), Vitamin B3: 0.29mg (1.46%)