



Latin Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



12

CALORIES



49 kcal

SIDE DISH

Ingredients



1 large head cabbage shredded



1 cup cilantro leaves finely chopped



4 juice of lemon juiced



0.5 cup olive oil



1 bell pepper red



1 dash salt



1 cup tomatoes chopped

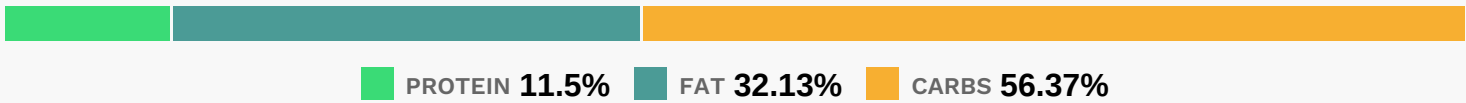
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place the cilantro, red pepper, olive oil, lemon juice, and salt in a food processor, and process until cilantro and pepper are finely chopped.
- ☐ In a large bowl, gently toss the cilantro mixture, cabbage, and tomatoes. Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:1.77, Inflammation Score:-6, Nutrition Score:10.903478228528%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 49.23kcal (2.46%), Fat: 1.99g (3.06%), Saturated Fat: 0.3g (1.86%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 4.83g (1.76%), Sugar: 4.33g (4.82%), Cholesterol: 0mg (0%), Sodium: 23.72mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin K: 85.72µg (81.64%), Vitamin C: 56.69mg (68.71%), Folate: 53.97µg (13.49%), Vitamin A: 606.41IU (12.13%), Fiber: 3.02g (12.1%), Manganese: 0.2mg (9.93%), Vitamin B6: 0.17mg (8.72%), Potassium: 244.42mg (6.98%), Vitamin B1: 0.08mg (5.11%), Vitamin E: 0.69mg (4.58%), Calcium: 45.05mg (4.5%), Magnesium: 15.98mg (4%), Phosphorus: 34.04mg (3.4%), Iron: 0.61mg (3.37%), Vitamin B2: 0.06mg (3.3%), Vitamin B5: 0.28mg (2.84%), Vitamin B3: 0.44mg (2.19%), Copper: 0.03mg (1.67%), Zinc: 0.24mg (1.63%)