



## Lime Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

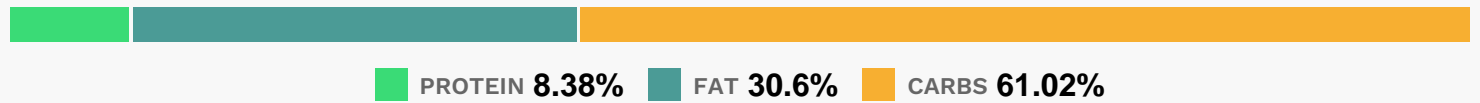
- 1 cup cabbage shredded
- 0.5 cup carrots grated
- 6 ounce lime jell-o® mix flavored
- 0.3 teaspoon salt
- 0.5 cup walnuts chopped
- 0.8 cup water cold

## Equipment

## Directions

- Dissolve gelatin mix in boiling water. Stir in salt. Stir in cold water. Chill until slightly thickened.
- Fold cabbage, carrots, and nuts into thickened gelatin.
- Pour mixture into an 8 inch mold that has been sprayed with a non-stick spray. Chill until firm.
- Set mold in a sink of hot water for a few seconds when ready to unmold.
- Place serving plate on top of mold, and turn over. Lift off mold.

## Nutrition Facts



## Properties

Glycemic Index:13.85, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:4.1882609051207%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 134.3kcal (6.72%), Fat: 4.8g (7.38%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 20.59g (7.49%), Sugar: 19.14g (21.27%), Cholesterol: 0mg (0%), Sodium: 180.1mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin A: 1346.52IU (26.93%), Manganese: 0.28mg (13.88%), Vitamin K: 7.9µg (7.53%), Copper: 0.15mg (7.51%), Phosphorus: 60.36mg (6.04%), Vitamin C: 3.77mg (4.57%), Fiber: 0.93g (3.73%), Magnesium: 14.21mg (3.55%), Folate: 13.09µg (3.27%), Vitamin B6: 0.06mg (3.07%), Selenium: 1.82µg (2.6%), Vitamin B1: 0.04mg (2.41%), Potassium: 74.23mg (2.12%), Zinc: 0.27mg (1.77%), Iron: 0.31mg (1.7%), Vitamin B2: 0.03mg (1.64%), Calcium: 14.65mg (1.47%)