



Napa Cabbage Salad with Buttermilk Dressing

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup buttermilk well-shaken
- ☐ 2 celery stalks thinly sliced
- ☐ 3 tablespoons chives finely chopped
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 tablespoons mayonnaise
- ☐ 4 cups napa cabbage cored thinly sliced
- ☐ 6 radishes diced
- ☐ 2 tablespoons shallots minced

☐ 1 tablespoon sugar

Equipment

☐ bowl

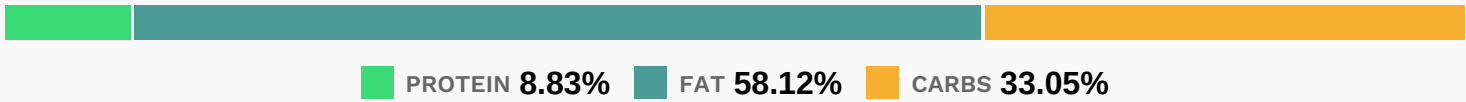
☐ whisk

Directions

☐ Whisk together buttermilk, mayonnaise, vinegar, shallot, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl until sugar has dissolved, then whisk in chives.

☐ Toss cabbage, radishes, and celery with dressing.

Nutrition Facts



Properties

Glycemic Index:90.52, Glycemic Load:3.36, Inflammation Score:-5, Nutrition Score:7.9956522661707%

Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 97kcal (4.85%), Fat: 6.42g (9.88%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 6.96g (2.53%), Sugar: 6.17g (6.86%), Cholesterol: 6.24mg (2.08%), Sodium: 87.8mg (3.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Vitamin K: 49.6µg (47.24%), Vitamin C: 23.18mg (28.09%), Folate: 68.17µg (17.04%), Vitamin B6: 0.21mg (10.69%), Calcium: 100.36mg (10.04%), Manganese: 0.19mg (9.7%), Vitamin A: 403.27IU (8.07%), Potassium: 270.86mg (7.74%), Vitamin B2: 0.1mg (5.8%), Phosphorus: 55.6mg (5.56%), Fiber: 1.26g (5.02%), Magnesium: 16.14mg (4.03%), Vitamin B1: 0.05mg (3.41%), Vitamin D: 0.4µg (2.69%), Selenium: 1.88µg (2.68%), Vitamin B12: 0.15µg (2.44%), Copper: 0.05mg (2.43%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.35mg (2.36%), Vitamin E: 0.35mg (2.36%), Iron: 0.4mg (2.2%), Vitamin B3: 0.38mg (1.89%)