



Nell's Cabbage Salad

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium head cabbage shredded
- 1 bunch green onions chopped
- 0.5 cup olive oil
- 6 ounce chicken ramen noodles flavored
- 4 ounces slivered almonds toasted
- 3 tablespoons distilled vinegar white
- 2 tablespoons sugar white

Equipment

bowl

whisk

Directions

In a large bowl, combine the cabbage, green onions, noodles and almonds.

Prepare the dressing by whisking together the oil, sugar, vinegar and seasoning packets.

Pour over cabbage mixture and mix well to coat. Refrigerate until chilled and serve.

Nutrition Facts

 **PROTEIN 10.73%**  **FAT 47.36%**  **CARBS 41.91%**

Properties

Glycemic Index:42.18, Glycemic Load:13.37, Inflammation Score:-7, Nutrition Score:21.28347837925%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 320.81kcal (16.04%), Fat: 17.63g (27.13%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 28.22g (10.26%), Sugar: 10.2g (11.33%), Cholesterol: 0mg (0%), Sodium: 605.54mg (26.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Vitamin K: 127.08µg (121.03%), Vitamin C: 56.22mg (68.15%), Manganese: 0.83mg (41.38%), Vitamin E: 6.03mg (40.23%), Vitamin B1: 0.43mg (28.33%), Fiber: 6.9g (27.61%), Folate: 107.98µg (27%), Vitamin B2: 0.35mg (20.79%), Magnesium: 76.59mg (19.15%), Phosphorus: 165.79mg (16.58%), Iron: 2.63mg (14.63%), Copper: 0.28mg (13.84%), Potassium: 457.86mg (13.08%), Calcium: 123.03mg (12.3%), Vitamin B6: 0.24mg (12.03%), Vitamin B3: 2.22mg (11.09%), Zinc: 1.12mg (7.47%), Selenium: 4.15µg (5.93%), Vitamin B5: 0.49mg (4.91%), Vitamin A: 191.78IU (3.84%), Vitamin B12: 0.07µg (1.18%)