



WHATSheATE



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

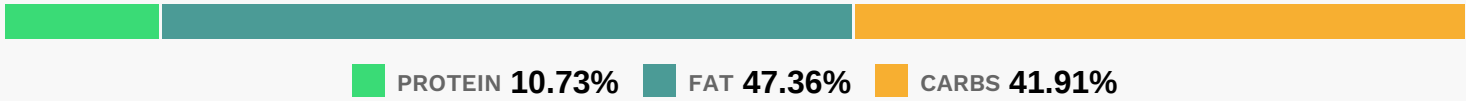
Equipment

- ☐ 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



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, 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, 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%)