



Pickled Cabbage Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



20 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cucumber diced english ()
- ☐ 1 tablespoon garlic minced
- ☐ 2 cups cabbage shredded red
- ☐ 1 teaspoon salt
- ☐ 1 cup seasoned rice vinegar
- ☐ 2 teaspoons broken star anise

Equipment

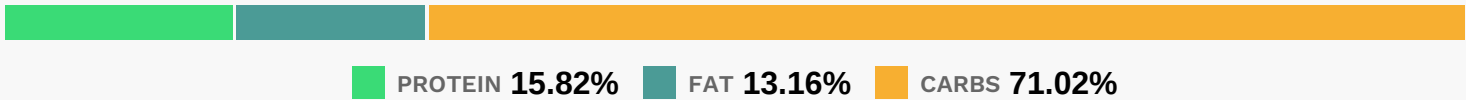
- ☐ bowl

- ☐ oven
- ☐ sieve
- ☐ microwave

Directions

- ☐ In a 2-cup glass measure, mix 1 cup seasoned rice vinegar and 2 teaspoons broken star anise.
- ☐ Heat in a microwave oven at full power (100%) until vinegar boils, about 3 minutes.
- ☐ Pour through a fine strainer into a bowl with 2 cups shredded red cabbage, 1 cup diced (1/4 in.) English cucumber, 1 tablespoon minced garlic, and 1 teaspoon salt; discard star anise.
- ☐ Mix and let stand at least 10 minutes.
- ☐ Serve warm or cool, or cover and chill up to 2 days.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:2.9104348161946%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 20.29kcal (1.01%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 297.96mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Vitamin C: 13.62mg (16.51%), Vitamin K: 10.65µg (10.14%), Manganese: 0.13mg (6.4%), Vitamin A: 265.94IU (5.32%), Iron: 0.71mg (3.92%), Vitamin B6: 0.07mg (3.61%), Fiber: 0.74g (2.94%), Potassium: 95.9mg (2.74%), Calcium: 24.07mg (2.41%), Magnesium: 7.95mg (1.99%), Phosphorus: 18.1mg (1.81%), Vitamin B1: 0.02mg (1.6%), Vitamin B2: 0.02mg (1.43%), Copper: 0.03mg (1.28%), Folate: 5.07µg (1.27%), Zinc: 0.16mg (1.04%)