



Puerto Rican Cabbage Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



29 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup carrots grated
- 1 tablespoon cider vinegar
- 1.5 teaspoons olive oil extravirgin
- 1 tablespoon cilantro leaves fresh minced
- 7 cups cabbage green very thinly sliced
- 0.3 cup juice of lime fresh
- 2 tablespoons onion finely chopped

0.3 teaspoon salt

Equipment

bowl

whisk

Directions

Combine first 4 ingredients in a large bowl.

Combine juice and remaining ingredients, stirring well with a whisk.

Drizzle juice mixture over cabbage mixture; toss well to combine. Cover and chill 15 minutes.

Nutrition Facts



Properties

Glycemic Index:27.73, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:6.7686956239783%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 28.68kcal (1.43%), Fat: 0.84g (1.29%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 89.61mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin K: 48.37µg (46.07%), Vitamin C: 25.36mg (30.74%), Vitamin A: 1404.05IU (28.08%), Fiber: 1.85g (7.38%), Folate: 29.13µg (7.28%), Manganese: 0.13mg (6.35%), Vitamin B6: 0.09mg (4.66%), Potassium: 144.71mg (4.13%), Vitamin B1: 0.05mg (3.05%), Calcium: 29.27mg (2.93%), Magnesium: 9.38mg (2.35%), Phosphorus: 20.78mg (2.08%), Iron: 0.34mg (1.89%), Vitamin B2: 0.03mg (1.83%), Vitamin E: 0.27mg (1.81%), Vitamin B5: 0.17mg (1.65%), Vitamin B3: 0.24mg (1.18%)