



Red cabbage, beetroot & apple salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 apples cored finely sliced
- ☐ 650 g cabbage red thinly sliced
- ☐ 250 g beetroot raw finely grated peeled
- ☐ 2 tbsp cider vinegar
- ☐ 0.5 juice of lemon
- ☐ 5 tbsp olive oil extra-virgin
- ☐ 50 g pomegranate seeds
- ☐ 1 small bunch parsley chopped

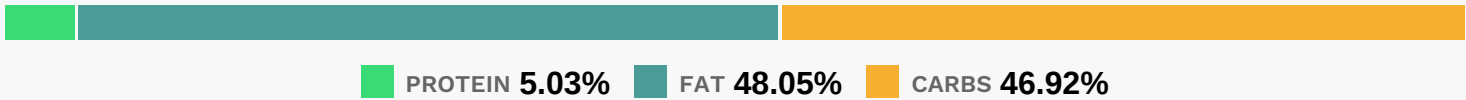
Equipment

☐ bowl

Directions

- ☐ Place the apples, cabbage and beetroot in a large bowl.
- ☐ Mix together the vinegar, lemon juice, oil and seasoning and pour over the cabbage mixture.
- ☐ Mix well, then stir in the pomegranate and parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:7.88, Inflammation Score:-9, Nutrition Score:18.483043437419%

Flavonoids

Cyanidin: 228.74mg, Cyanidin: 228.74mg, Cyanidin: 228.74mg, Cyanidin: 228.74mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 20.54mg, Apigenin: 20.54mg, Apigenin: 20.54mg, Apigenin: 20.54mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg, Myricetin: 1.63mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 213.88kcal (10.69%), Fat: 12.24g (18.84%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 20.62g (7.5%), Sugar: 17.74g (19.71%), Cholesterol: 0mg (0%), Sodium: 68.74mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin K: 207.66µg (197.77%), Vitamin C:

82.43mg (99.92%), Vitamin A: 2072.32IU (41.45%), Fiber: 6.28g (25.12%), Manganese: 0.47mg (23.5%), Folate: 85.75µg (21.44%), Potassium: 574.65mg (16.42%), Vitamin B6: 0.31mg (15.38%), Vitamin E: 2.1mg (14.03%), Iron: 2mg (11.11%), Magnesium: 37.62mg (9.4%), Vitamin B2: 0.13mg (7.6%), Calcium: 75.43mg (7.54%), Vitamin B1: 0.11mg (7.47%), Phosphorus: 68.28mg (6.83%), Copper: 0.1mg (5.12%), Vitamin B3: 0.83mg (4.13%), Zinc: 0.55mg (3.7%), Vitamin B5: 0.35mg (3.52%), Selenium: 1µg (1.43%)