



Red Cabbage Curtido



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 0.3 lb carrots shredded peeled
- ☐ 1 oz jalapeño chili fresh minced stemmed rinsed seeded
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 3 cups cabbage shredded red
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vinegar white

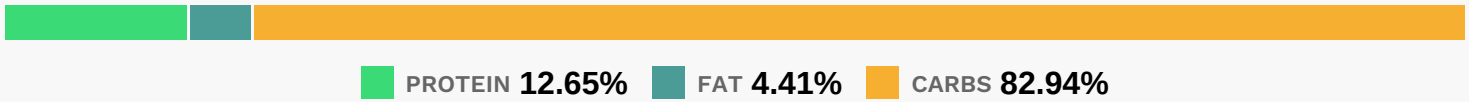
Equipment

- ☐ bowl
- ☐ slotted spoon

Directions

- ☐ In a bowl or jar (at least 4 cup), mix vinegar, salt, oregano, chili, and 1 3/4 cups water.
- ☐ Combine cabbage, carrot, and onion; add to bowl and push mixture down into liquid.
- ☐ Cover and chill 4 hours or up to 1 week; mix occasionally to keep vegetables immersed in liquid.
- ☐ To serve, lift out relish with a slotted spoon and drain.

Nutrition Facts



Properties

Glycemic Index:64.28, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:14.720869447874%

Flavonoids

Cyanidin: 186.75mg, Cyanidin: 186.75mg, Cyanidin: 186.75mg, Cyanidin: 186.75mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 58.92kcal (2.95%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 9.06g (3.29%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 826.92mg (35.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin A: 7415.9IU (148.32%), Vitamin C: 65.49mg (79.38%), Vitamin K: 42.88µg (40.84%), Manganese: 0.34mg (16.83%), Vitamin B6: 0.3mg (15.13%), Fiber: 3.64g (14.54%), Potassium: 391.55mg (11.19%), Folate: 29.92µg (7.48%), Calcium: 65.25mg (6.52%), Vitamin B1: 0.09mg (6.3%), Magnesium: 23.17mg (5.79%), Iron: 1.02mg (5.69%), Vitamin B2: 0.1mg (5.68%), Vitamin E: 0.75mg (5%), Phosphorus: 49.17mg (4.92%), Vitamin B3: 0.9mg (4.5%), Vitamin B5: 0.29mg (2.89%), Copper: 0.05mg (2.39%), Zinc: 0.34mg (2.29%), Selenium: 0.86µg (1.22%)